

**SPRING 2023**

**RIEGEL RIDGE FITNESS CLASS SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Bootcamp</b> 9:00am – 10:00am Gayle Gymnasium	<b>Cardio Sculpt</b> 9:30am – 10:30am Melanie Aerobic Room	<b>Interval Challenge</b> 9:00am – 10:00am Gayle Aerobic Room	<b>Zumba Gold®</b> 9:30am – 10:30am Melanie Gymnasium	<b>Cycle Circuit</b> 9:00am – 10:00am Gayle Aerobic Room
<b>Chair Yoga</b> 10:00am – 11:00am Laura Lounge	<b>Vinyasa Yoga Flow</b> 9:30am – 10:30am Tammy Lounge		<b>Morning Renew Yoga</b> 10:00am – 11:00am Jesse Lounge	<b>Slow Flow Yoga</b> 9:30am – 10:30am Laura Lounge
			<b>S.E.A.T.</b> 10:30am – 11:15am Melanie Aerobic Room	<b>Full Body Stretch</b> 10:15am – 10:45am Gayle Aerobic Room
<b>Zumba®</b> 6:00pm – 7:00pm Melanie Gymnasium	<b>Blended Balance Yoga</b> 6:30pm – 7:45pm Jesse Lounge	<b>Strength Training</b> 5:30pm – 6:30pm Melanie Gymnasium		
		<b>Zumba®</b> 6:30pm – 7:30pm Melanie Gymnasium		

**FITNESS CLASSES are FREE with RRCC Fitness Memberships**

**NON-MEMBER FITNESS CLASS FEES**

- \$10 per class drop in fee
- \$80 pre-paid fitness class option
- Please sanitize all equipment

\*Instructors are subject to change \*For more information please contact [director@riegelridgecc.org](mailto:director@riegelridgecc.org) or call 908-995-9260

Updated 6/2/2023



# RIEGEL RIDGE FITNESS CLASS DESCRIPTIONS

**Blended Balance Yoga:** Each week this class will begin with a vinyasa flow and conclude with the calming practice of restorative postures to facilitate personal balance and homeostasis.

**Boot Camp:** This cross-training class is sure to give you a physical challenge. It combines fast paced drills to keep your heart rate up as you work your whole body from head to toe.

**Cardio Sculpt:** Combines Cardio, Total Body Sculpting & Core Conditioning for a fun 60-minute high or low impact workout. Modifications will be shown for participants who want to increase the intensity of this workout. Knock out two different workouts in one!

**Chair Yoga:** Chair Yoga is a great way to exercise, no matter your experience, fitness level, or shape! Chairs are used for seated and standing poses to provide balance while we concentrate on strengthening and stretching our muscles. This all-level class will feature both standing and seated poses, mindful breathing and meditation.

**Cycle Circuit:** Cycle Circuit combines the best of worlds. This one-hour class will consist of strength training as well as an action-packed cycling workout.

**Interval Challenge:** This 60-minute class is guaranteed to work your whole body. Use weights, bands, bars & balls to tone your upper and lower body, as well as cardio to keep your heart rate up to maximize the calorie burn.

**Morning Renew Yoga:** This chakra based class will focus on relieving the blockages that create our energy excesses and deficiencies. The first Thursday of the month we will use sustained postures such as yin or restorative as a way to open and deepen connection with self and create new personal intentions. The rest of the month will use dynamic vinyasa style practice to build and maintain energy flow.

**S.E.A.T.:** This chair-based class offers a full body, low impact workout with options to suit the needs of clients with a range of abilities and skills. This program strengthens the body and mind, while improving balance and flexibility through functional fitness to get the most out of life. No Experience required.

**Slow Flow Yoga:** This class moves through basic yoga postures that are held longer to promote strength and balance. Props are provided and encouraged so students can modify postures to their own level, ability, and body type.

**Strength Training:** Blast all your muscles with a high-rep weight training workout. Using weighted body bars, hand weights and body weights, this workout combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

**Vinyasa Yoga Flow:** is a style of yoga that is practiced linking conscious breath with dynamic fluid movement. A number of Yoga postures (Asanas) are linked together in a sequence which flows together A little bit like dance. The breath is controlled and directs the timing and co-ordination of the movement in flow.

**Zumba:** Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

**Zumba Gold:** A modified Zumba® class that recreates the original moves you love at a lower-intensity. Focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.