

SUMMER 2024

RIEGEL RIDGE FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Bootcamp 9:00am – 10:00am Gayle Gymnasium	Vinyasa Yoga Flow 9:30am – 10:30am Tammy Lounge	Interval Challenge 9:00am – 10:00am Gayle Aerobic Room	Morning Renew Yoga 10:00am – 11:00am Jesse Lounge	Cycle Circuit 9:00am – 10:00am Gayle Aerobic Room
Chair Yoga 10:00am – 11:00am Laura Lounge				Slow Flow Yoga 9:30am – 10:30am Laura Lounge
	Blended Balance Yoga 6:30pm – 7:45pm Jesse Lounge	Strength Training 5:15pm – 6:00pm Melanie Gymnasium		

FITNESS CLASSES are FREE with RRCC Fitness Memberships

*Please sanitize all equipment

*Instructors are subject to change *For more information please contact director@riegelridgecc.org or call 908-995-9260

Updated 7/2/2024



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.

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.

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: This style of yoga practices 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.