

# GROUP FITNESS

## MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
The RP Ride 5:45 a.m. DAVID		The RP Ride 5:45 a.m. SOFIA		The RP Ride 5:45 a.m. DAVID	The RP Ride 8:00 a.m. SOFIA	
The RP RIDE 8:30 am SOFIA	HathaFLOWYoga 8:15 a.m. JULIE	<b>BOOTCAMP*</b> 8:30 JACKIE	HathaFLOWyoga 8:30 a.m. ANNE	The RP Ride 9:00 a.m. JULIE	Intermediate Step 8:45-9:15 TRACY	
Cardio and Strength 9:30 JACKIE	The RP RIDE 8:30 am SOFIA	Bender Ball 9:30—10:00 a.m. SOFIA	The RP RIDE 8:30 am JACKIE	STEP & Strength 9:00 a.m. SOFIA	Strength Circuit 9:15-9:45 am TRACY	
The RP RIDE 9:30 a.m. ELLEN	Power SCULPT 9:30 a.m. NATASHA	Rebound & Weights 10:00-10:30 am SOFIA	Power SCULPT 9:30 a.m. NATASHA	Beginning PILATES 10:00 a.m. ELLEN	RP RIDE 9:00 a.m. JACKIE	
PILATES 10:30 a.m. KATHERINE	The RP RIDE 9:30 a.m. JACKIE	The RP RIDE 10:00 a.m. ELLEN	The RP Ride 9:30 a.m. SOFIA	RP RIDE 10:00 a.m. JACKIE	RP RIDE 10:00 a.m. TRACY	
	Latin Cardio Fusion 10:30 a.m. SHAILA	<b>BOOTCAMP*</b> 10:30 JACKIE	<b>MARTIAL Arts*</b> 4:30 p.m. <b>YOUTH (ages 5-12)</b>		HathaFLOWYoga 11:00 a.m. ANNE	
CYCLE 6:00 p.m. JESSICA YOGA		The RP Ride 6:00 p.m. JESSICA	<b>MARTIAL Arts*</b> 6:30 p.m. <b>ADULT (ages 13+)</b>			
6:30m. AMY			The RP Ride 6:30 p.m. JACKIE			

\* **INDICATES FEE CLASS**

### CONTACT US

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# CLASS DESCRIPTIONS

## Cardio & Strength Classes

**RP RIDE:** Bring your outdoor cycle training indoors. Geared for both novice and veteran riders. Cycle shoes optional (SPD compatible peddles). Water bottle recommended. Lots of energy required! (45 minutes)



**Cardio and Strength:** Pace yourself, or go the limit in Jackie's ultimate interval workout. Classes incorporate kick boxing, sports conditioning, step, weights and much more! Improve cardiovascular and muscular strength and endurance in boot camp style! One of the most fun ways to get fit! Suitable for all levels. (60 minutes)

**POWER SCULPT:** A muscle conditioning class utilizing tubing and hand-held weights focusing on all body parts for a GREAT total body workout! Natasha makes sure each workout is unique insuring you will never get bored. All Levels Welcome. (60 minutes)



**REBOUNDING + STRENGTH:** Bouncing on a Mini Trampoline! Unlike traditional trampoline designed for big bouncing and gymnastics, Sofia's rebounding class utilizes small, controlled movements in a low impact but not low energy cardio class. A resistance segment follows. All levels welcome. (60 minutes)

**STEP & STRENGTH:** A Step workout followed by a Muscle Conditioning segment. Two great workouts in one. Experience recommended but not required. (60 minutes)

## Mind & Body Classes

**HATHA FLOW YOGA:** A flowing form of Hatha designed to enhance vitality and sense of well-being. Focus on flexibility, balance, strength, and posture. All levels welcome.

**MAT PILATES:** A popular non-impact format that focuses on proper core training to improve muscle strength and length, mobility, stabilization and body alignment. Find out how great it feels! A total body workout. Suitable for all levels.

