

RVAC Group Fitness Schedule

EFFECTIVE MARCH 17, 2024

STUDIO/GYM Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:15am			Kick n' groove <i>Christi</i>				Cardio Step <i>Marnie 8-9a</i>
9:15-10:10am	Cardio Cross-Train <i>Sue</i>	Sculpt & Strength <i>Kerry</i>	Yoga Fusion <i>Christi</i>	Sculpt Strength <i>Annie</i>	Barre/Sculpt <i>Kerry</i>	Step&Sculpt <i>Deb/Sue</i> <i>9-10am</i>	
10:15-11:10am	Pilates <i>Cherlyn</i>	Intermediate Pilates <i>Cherlyn</i>	Barre/Core <i>Cherlyn</i>	Yoga Mix <i>Amber</i>	Sculpt/Strength <i>Sue</i>		
11:15-12:15pm			Stretch/Str/Balance <i>Cherlyn</i>				
4:45-5:30pm	Sculpt & Strength <i>Briana</i>	Zumba <i>Denise</i> <i>(4:30-5:30pm)</i>	Sculpt & Strength <i>Briana</i>	20/20 Power <i>Marnie</i> <i>5:00-5:45pm</i>			Sculpt, Strength, Cardio <i>Juliet</i> <i>5-6pm</i>
5:30 -6:15pm	15/15/15 <i>Marnie</i>		HIIT <i>Deb</i>				

SPIN Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am		Spin - <i>Marnie</i>		Spin - <i>Paula</i>			
8:30-9:30am						Spin - <i>Kris</i>	
5:00-6:00pm		Spin - <i>Kris</i>					

POOL Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
8:05-8:50am					Water Aerobics <i>Lucinda</i>		
9:05-9:50am	Water Aerobics <i>Sue Baldwin</i>	Water Aerobics <i>Jean</i>	Water Aerobics <i>Sue Baldwin</i>	Water Aerobics <i>Jean</i>			
6:30-7:30pm	Water Aerobics <i>Lucinda</i>	7:00-7:45pm	Water Aerobics <i>Susan B</i>				

CUT Schedule

*CUT is a fee-based, small-group, superset & circuit-based strength/stability/power class held in the functional fitness room.
Contact Allyson@rivervalleyathleticclub.com for more details.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:30am	CUT- <i>Allyson</i>		CUT - <i>Allyson</i>				
5:00-6:00pm		CUT- <i>Allyson</i>		CUT - <i>Allyson</i>			<i>r</i>

NEW! KIDS Schedule

For kids ages 8-12 | strength, agility, balance | Lead by personal trainer Megan Soukup | Held in GYM | FREE to members

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45-5:30PM			Fitkids - <i>Megan</i>				

