

# MAY

POOL WILL BE CLOSED FROM 3:30-4:30 FOR A PRIVATE GROUP MAY 21, 22, 24, 29, 31 AND JUNE 4, 5, 7.

	Mon	Tue	Wed	Thurs	Fri	Sat
6 A M	<b>Circuit Shred</b> 6:00-6:45 NO CLASS 5/28					
8 A M	<b>Zumba</b> 8:00-8:45 NO CLASS 5/28	<u><b>Water Exercise</b></u> <u>8:00-9:00</u> <u>NO CLASS 5/29</u>		<u><b>Water Exercise</b></u> <u>8:00-9:00</u> <u>NO CLASS 5/31</u>		
9 A M	<b>SilverSneakers Classic®</b> Janet 9:10-9:55 NO CLASS 5/28	<b>Step Aerobics</b> Melissa 9:15-10:00	<b>SilverSneakers Classic®</b> Janet 9:10-9:55	<b>Step Aerobics</b> Melissa 9:15-10:00  <b>Longevity Stick Ice Cream Social</b> 5/17 9:00am with Ice Cream Social to follow	<b>SilverSneakers Classic®</b> Janet 9:10-9:55	<b>Step Aerobics</b> Mindy 9:00-10:00 NO CLASS 5/26  <b>MAY 12 FREE KIDS DAY 9-12</b>
10 A M	<u><b>Water Arthritis</b></u> <u>10:00-11:00</u> <u>NO CLASS 5/28</u>		<u><b>Water Arthritis</b></u> <u>10:00-11:00</u>		<u><b>Water Arthritis</b></u> <u>10:00-11:00</u>	
1 P M		<b>Longevity Stick</b> Janet 1:00-1:45		<b>Longevity Stick</b> Janet 1:00-1:45		
4 P M	<b>Strength &amp; Cond</b> 4:15-5:00 NO CLASS 5/28  <b>\$Mini Muscles</b> 4&5 year olds 4:00-4:45 NO CLASS 5/28			<b>Interval Training</b> 4:15-5:00		
5 P M	<b>\$Mini Muscles</b> 6-9 year olds 4:45-5:45 NO CLASS 5/28 <b>\$BootCamp</b> 5:15-6:00 NO CLASS 5/28 <b>Zumba</b> 5:15-6:00 (Downstairs) NO CLASS 5/28	<b>\$Mini Muscles</b> 6+ Older 4:45-5:45  5:00 FREE DEMO WITH CASSIE IN BALCONY	<b>\$Mini Muscles</b> 18 month – 3 yrs 4:45-5:30  <b>\$\$Weight Watchers</b> 5:00-6:30pm  <b>Pilates</b> Kathy 5:30-6:30	<b>\$Mini Muscles</b> 6-9 year olds 4:45-5:45  <b>Step Aerobics</b> Melissa 5:00-5:45  <b>\$BootCamp</b> 5:15-6:00		
6 P M	<b>Pilates</b> Kathy 6:30-7:15 NO CLASS 5/28	<b>Step Aerobics</b> Mindy 6:00-7:00  <b>\$LIFT and HIIT Training</b> 6:00-7:00		<b>Zumba</b> 6:00-7:00  <b>\$LIFT and HIIT Training</b> 6:00-7:00		

<p><b>RAC Hours</b>  Monday – Thursday 6:00 am-8:00 pm  Friday 6:00 am-5:00 pm  Saturday 7:00 am-12:00 pm  Sunday CLOSED  <b>**RAC WILL BE CLOSED 5/26 THROUGH 5/28 FOR MEMORIAL DAY; 24 HOUR ACCESS WILL BE AVAILABLE TO ANYONE 16 AND OVER ON SATURDAY 5/26 FROM 7AM-NOON</b>  <b>\$\$24 Hour fitness center is available. Contact any staff member for procedures. \$\$ Indicates Additional Fee.</b></p>		<p align="right"><b>Riverside Athletic Club</b>  500 S. Center Ave.  Merrill, WI 54452  536-2481  <b>Like us on Facebook</b></p> <p align="center"><u><a href="http://www.riversideathletic.com">www.riversideathletic.com</a></u></p>
--	--	--

**Arthritis Class**

A water exercise class designed to increase agility, range of motion and cardiovascular conditioning using the physical properties of the water.

**Circuit Shred**

Interval training with a mix of cardio, strength, and core designed to burn calories while working your entire body. Modifications are offered to make this class appropriate for ALL fitness levels!

**Interval Training**

Interval training consists of burst of intense activity with intervals of lighter activity; best described as a series of peaks and valleys. It is the go-to workout for everyone from beginners to well-conditioned athletes and may be the perfect addition to your fitness program as well as the most effective tool for taking you to your next level of fitness.

**\$\$BootCamp/HIIT Training**

The aim of our Boot Camps and HIIT Training (High Intensive Interval Training) is to forge a broad, general and inclusive fitness. We have sought to build a program that will best prepare trainees for any physical contingency — not only for the unknown, but for the unknowable. It is defined as optimizing fitness (constantly varied functional movements performed at relatively high intensity). HIIT is also the community that arises when people do these workouts together.

**Longevity Stick**

The “Longevity Stick” regimen incorporates a series of movements designed to improve balance, flexibility, strength, mental focus, breathing capacity and vitality. The exercises, which are done while standing, takes its name from the only piece of equipment used in its practice – a 1-inch-thick PVC pipe that is an inch or two longer than the practitioner’s height

**\$\$Mini Muscles Gymnastics**

Skills will be taught using floor mats, beam, bar, vault and springboard. Depending on enrollment, classes may be combined and/or separated for optimal learning.

**Pilates**

Improve the way your body looks, feels and performs with this unique mat class. Learn to target your core muscles as you tone, sculpt, strengthen and improve flexibility.

**Silver Sneakers Classic® -**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Step Aerobics**

A high-energy aerobics class that uses an adjustable height step. Morning Weekday Step Aerobics is for all abilities levels.

**Strength and Conditioning:**

This class uses barbells, hand weights, body weight, tubing, balls, etc. to strengthen upper and lower body muscles and abdominals. Movements and exercise can be modified to one’s own abilities. The class may include short duration/low-intensity cardio intervals.

**Water Exercise**

Looking for a calorie-burning water workout? This class for adults will increase your heart rate as well as tone and strengthen your entire body. Great for all over conditioning.

**\$\$Weight Watchers**

Contact 1-800-651-6000 for more information

**Zumba**

We 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 is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.