

# JANUARY (Club is closing at 5PM ON December 31 closed all day Jan 1)

Fitness Coach Training Sessions available 9-11:30AM & 4-6:30pm must preregister (Monday through Wednesday)

	Mon	Tue	Wed	Thurs	Fri	Sat/Sunday
6 A M	Circuit Shred Melissa 6:00-6:45		Circuit Shred Melissa 6:00-6:35			
8 A M	Zumba Melissa 8:00-8:45	<u>Water Exercise</u> <u>Geri</u> 8:00-9:00  Silver Sneakers 8:00-8:50am No Classes 1/1	Welcome to the Roaring 20's and Mimosa's to celebrate the New Year on January 2	<u>Water Exercise</u> <u>Geri</u> 8:00-9:00  Silver Sneakers 8:00-8:50am Janet 1/10		Svaroopaa Yoga Kathy 7:45-8:45 SATURDAYS
9 A M	SilverSneaker Classic® Janet 9:10-9:55	Step Aerobics Melissa 9:15-10:00 No Class 1/1	SilverSneakers Classic® Downstairs Janet 9:10-9:55	Step Aerobics Melissa 9:15-10:00	SilverSneakers Classic® Downstairs Janet 9:10-9:55	Step Aerobics Mindy 9:00-10:00 SATURDAYS
10 A M	<u>Water Arthritis</u> <u>Gera</u> 10:00-11:00		<u>Water Arthritis</u> <u>Gera</u> 10:00-11:00  Svaroopaa Yoga 1/2 -2/22 10:00-11:00	<u>Pool Closed</u> 10-11 1/24	<u>Water Arthritis</u> <u>Gera</u> 10:00-11:00  Silver Sneakers Yoga-Janet 10:00-10:45 1/18-2/22	
2 P M						Triple Treat 1/6 1/13 1/27 Cardio abs and strength SUNDAYS
4 P M	\$Mini Muscles 4&5 year olds 4:00-4:45	\$Mini Muscles 6-9 year olds 4:45-5:45 No Class 1/1	\$Mini Muscles 18mos-3 years 4:45-5:30pm			
5 P M	Pilates Kathy 5:30-6:30 Downstairs No Class 12/31  \$Ramp it Up Boot Camp Cassie Starting 1/7 5:15-6:15	\$Mini Muscles 6-9 year olds 5:45-6:45  \$Jump Start Boot Camp Sheila Starting 1/8 5:15-6:15  No Classes 1/1	\$\$WeightWatchers Downstairs 5:00-6:30pm  Pilates Kathy 5:30-6:30  \$Ramp it Up Boot Camp Cassie Starting 1/7 5:15-6:15	Step Aerobics Melissa 5:00-5:45  \$Jump Start Boot Camp Sheila Starting 1/8 5:15-6:15		
6 P M	Svaroopaa Yoga Kathy 6:00-7:00 No Class 12/31	Paul Heinzen testimonial 1/29 6:15 in Gym  Step Aerobics Mindy 6:00-7:00  \$Mini Muscles 6+ Older 5:45-6:45 No Classes 1/1		Zumba 6:00-7:00		

**Monday – Thursday 6:00 am-8:00 pm**  
**Friday 6:00 am-6:00 pm**  
**Saturday 7:00 am-12:00 pm**  
**Sunday Noon-4:00 pm**  
**No PM classes 12/31 and No Classes 1/1**

**\$\$24 Hour fitness center is available. Contact any staff member for procedures. \$\$ Indicates Additional Fee.**

**Riverside Athletic Club**  
500 S. Center Ave.  
Merrill, WI 54452  
536-2481

[riversideathletic.com](http://riversideathletic.com)

### **Arthritis Class**

A water exercise class designed to increase agility, range of motion and cardiovascular conditioning using the physical properties of the water. This class allows you to exercise strain on your joints and muscles. The gentle activities in warm water, with guidance from a certified instructor, will help you gain strength and flexibility. Excellent for beginners or returning exercisers and great for strengthening for pre-surgery and post-surgery.

### **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!

### **\$Boot Camps**

The aim of our Boot Camps 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). Boot Camps are also the communities that arises when people do these workouts together.

### **\$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.

### **Silver Sneakers Yoga**

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement!

### **Step Aerobics**

Forty-five minutes worth of cardio exercise set to upbeat music and led by the most motivating instructors around, you'll want to try a step class at Riverside. A typical class involves participants doing exercises that involve stepping onto and off a raised platform or "step" to a choreographed routine. You'll see people of all fitness levels here, as you can customize the workout to your abilities.

### **Svaroopa Yoga**

*Svaroopa®* is a Hatha-based yoga that focuses on **releasing the tension in the muscles along your spine**. When this happens, your spine decompresses, you have **more space to breathe** and your internal organs can function properly—you have more room in your body and **you feel better!**

### **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](tel: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.