



River Glen

GROUP EXERCISE CLASS SCHEDULE

MONDAY

6:15-7:00AM	S3	MELISSA ABRAMOVICH	UPPER STUDIO
7:30-8:00AM	BARRE	SANDY BYRNE	DANCE STUDIO
8:15-9:15AM	GENTLE YOGA	SANDY BYRNE	LOWER STUDIO
9:30-10:30AM	ZUMBA	MARLA PRIMACK	UPPER STUDIO
9:30-10:30AM	H2O BLAST	MEGAN KRAUS	LAP POOL
10:00-10:45AM	SPIN	CRAIG CHARLTON	CYCLE STUDIO
10:30-11:00AM	CORE STRONG	MARLA PRIMACK	UPPER STUDIO
10:45-11:30AM	ARTHRITIS FOUNDATION AQUATICS	JOHN MURPHY	WARM POOL
5:45-6:45PM	HOT YOGA	KATHI CASTLE	LOWER STUDIO
5:45-6:45PM	STEP	JANE ZIEN	UPPER STUDIO
6:00-7:00PM	SMALL GROUP PERSONAL TRAINING*	ALEKSEY SHAPIS	MEZZANINE

TUESDAY

6:15-7:00AM	BTS	NEILA BOND	UPPER STUDIO
8:15-9:00AM	SPIN	JEFFREY JEANPIERRE	CYCLE STUDIO
9:00-9:30AM	CORE	EVA BROOKS	UPPER STUDIO
9:15-10:15AM	HOT YOGA	POORNIMA PRADEEP	LOWER STUDIO
9:30-10:15AM	BARRE FUSION	EVA BROOKS	UPPER STUDIO
9:30-10:30AM	H2O BLAST	BECKY DURANTE	LAP POOL
10:30-11:30AM	MEDITATION	JIM BAYER	LOWER STUDIO
10:30-11:15AM	NEW ENERGY STRENGTH	CRAIG CHARLTON	UPPER STUDIO
11:30-12:15PM	ARTHRITIS FOUNDATION AQUATICS	JOANN JACKSON	WARM POOL
11:45-12:45PM	TAI CHI*	JIM BAYER	LOWER STUDIO
5:30-6:15PM	SPIN	ELLEN NAGY	CYCLE STUDIO
5:45-6:45PM	VINYASA YOGA	VARIES	LOWER STUDIO

WEDNESDAY

6:15-7:00AM	S3	MELISSA ABRAMOVICH	UPPER STUDIO
7:30-8:00AM	BARRE	SANDY BYRNE	DANCE STUDIO
8:15-9:15AM	GENTLE YOGA	SANDY BYRNE	LOWER STUDIO
9:30-10:30AM	H2O BLAST	MEGAN KRAUS	LAP POOL
9:30-10:15AM	HIP HOP DANCE	STACY SYLVESTER	UPPER STUDIO
10:30-11:15AM	NEW ENERGY STRENGTH	CRAIG CHARLTON	UPPER STUDIO
11:30-12:15PM	ARTHRITIS FOUNDATION AQUATICS	LISETTE RODRIGUEZ	WARM POOL
5:30-6:30PM	FUNCTIONAL POWER YOGA	KRISTIN WILLIAMS	LOWER STUDIO
6:00-7:00PM	SMALL GROUP PERSONAL TRAINING*	ALEKSEY SHAPIS	MEZZANINE

THURSDAY

5:45-6:45AM	HOT YOGA	PAULA BIENIEWSKI	LOWER STUDIO
8:15-9:00AM	SPIN	JEFFREY JEANPIERRE	CYCLE STUDIO
9:15-10:15AM	BODY COMBAT	STEVE BRONIKOWSKI	UPPER STUDIO
9:30-10:15AM	ZUMBA	DANIELLE SECTZER-WAGNER	LOWER STUDIO
9:30-10:15AM	H2O BLAST	CRAIG CHARLTON	LAP POOL
10:45-11:30AM	ARTHRITIS FOUNDATION AQUATICS	LISETTE RODRIGUEZ	WARM POOL
12:00-12:45PM	SPIN	CRAIG CHARLTON	CYCLE STUDIO
5:45-6:30PM	ZUMBA	JANE ZIEN	UPPER STUDIO

FRIDAY

6:00-6:45AM	PILATES MAT II	MELISSA ABRAMOVICH	LOWER STUDIO
7:30-8:00AM	PILATES MAT I	SANDY BYRNE	LOWER STUDIO
8:15-9:00AM	GENTLE YOGA	SANDY BYRNE	LOWER STUDIO
9:15-10:15AM	BODYPUMP	STEVE BRONIKOWSKI	UPPER STUDIO
9:30-10:15AM	BARRE	AMY CUNNINGHAM	DANCE STUDIO
9:30-10:30AM	H2O BLAST	NICOLE PEARSON	LAP POOL
10:30-11:30AM	VINYASA YOGA	PAULA BIENIEWSKI	LOWER STUDIO
10:45-11:30AM	ARTHRITIS FOUNDATION AQUATICS	NICOLE PEARSON	WARM POOL

SATURDAY

8:15-9:15AM	KICK AND TONE	MELISSA ABRAMOVICH	UPPER STUDIO
9:15-10:15AM	H2O DANCE	BOBBIE MCCAIN	LAP POOL
9:30-10:15AM	SPIN	MELISSA ABRAMOVICH	CYCLE STUDIO
9:30-10:30AM	ZUMBA	JANE ZIEN	LOWER STUDIO
9:30-10:00AM	CORE	AMY HALL	UPPER STUDIO
10:00-11:00AM	BODY COMBAT	AMY HALL	UPPER STUDIO

SUNDAY

9:30-10:30AM	HATHA YOGA	DANIELA SOLOMAN	LOWER STUDIO
10:00-11:00AM	HIIT & STRENGTH	DANIELLE HAWI	UPPER STUDIO

PLEASE MAKE YOUR CLASS RESERVATIONS IN THE MEMBER APP.
ALL CLASSES ARE SUBJECT TO A \$10 24-HOUR LATE CANCELLATION FEE AND A \$15 NO-SHOW FEE.

