



# RIVER GLEN GROUP EXERCISE CLASS SCHEDULE

## MONDAY

6:15-7:15AM	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
9:30-10:15AM	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	NICOLE PEARSON	WARM POOL
5:45-6:45AM	HOT YOGA	KATHI CASTLE	LOWER STUDIO

## TUESDAY

6:00-6:45AM	YOGA SCULPT	AMY CUNNINGHAM	UPPER STUDIO
9:30-10:15AM	CARDIO SCULPT	AMY HALL	UPPER STUDIO
10:30-11:15AM	PILATES MAT II	AMY HALL	LOWER STUDIO
10:30-11:15AM	NEW ENERGY STRENGTH	CRAIG CHARLTON	UPPER STUDIO
11:30-12:15PM	ARTHRITIS FOUNDATION AQUATICS	JOANN JACKSON	WARM POOL
5:30-6:15PM	SPIN	ELLEN NAGY	CYCLE STUDIO
5:45-6:45PM	CS60	KATHERINE GOBERMAN	UPPER STUDIO
6:00-7:00PM	VINYASA YOGA	MARIA LEMESHEVA	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
8:15-9:00AM	SPIN	JEFF JEANPIERRE	CYCLE STUDIO
9:30-10:30AM	H2O BLAST	NICOLE PEARSONLAP	POOL
10:30-11:15AM	NEW ENERGY STRENGTH	CRAIG CHARLTON	UPPER STUDIO
11:30-12:15PM	ARTHRITIS FOUNDATION AQUATICS	LISETTE RODRIGUEZ	WARM POOL

## THURSDAY

6:00-6:45AM	KICKBOXING	MELISSA ABRAMOVICH	UPPER STUDIO
8:15-9:00AM	SPIN	JEFF JEANPIERRE	CYCLE STUDIO
9:15-10:15AM	BODYCOMBAT	STEVE BRONIKOWSKI	UPPER STUDIO
9:30-10:15AM	ZUMBA	DANIELLE SECTZER-WAGNER	LOWER STUDIO
9:30-10:15AM	H2O BLAST	CRAIG CHARLTON	LAP POOL
10:30-11:30AM	VINYASA YOGA	EMILY KIRCHOFF	LOWER STUDIO
10:30 11:00AM	INTRO TO LAP SWIMMING	MEGAN KRAUS	LAP POOL
10:45-11:30AM	ARTHRITIS FOUNDATION AQUATICS	LISETTE RODRIGUEZ	WARM POOL
12:00-12:45PM	SPIN	CRAIG CHARLTON	CYCLE STUDIO
5:15-5:45PM	BBODY PUMP	AMANDA GOSS	UPPER STUDIO
5:45-6:30PM	ZUMBA	JANE ZIEN	LOWER STUDIO

## FRIDAY

6:00-6:45AM	BARRE	AMY CUNNINGHAM	DANCE STUDIO
7:30-8:00AM	PILATES MAT I	SANDY BYRNE	LOWER STUDIO
8:15-9:00AM	GENTLE YOGA	SANDY BYRNE	LOWER STUDIO
8:30-9:00AM	SPIN	AMY HALL	CYCLE STUDIO
9:15-10:15AM	BODYPUMP	AMY HALL	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	AMY CUNNINGHAM	LOWER STUDIO
10:45-11:30AM	ARTHRITIS FOUNDATION AQUATICS	NICOLE PEARSON	WARM POOL

## SATURDAY

7:30-8:30AM	SPIN	JEFF JEANPIERRE	CYCLE STUDIO
8:15-9:15AM	KICK AND TONE	MELISSA ABRAMOVICH	UPPER STUDIO
9:15-10:15AM	AQUA ZUMBA	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
10:00-10:45AM	BODYCOMBAT	AMY HALL	UPPER STUDIO

## SUNDAY

9:00-10:00AM	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.

