

# RIVER PLACE GROUP FITNESS



## Complimentary Fitness Classes

| Class Time | Monday    | Tuesday       | Wednesday                | Thursday       | Friday           | Saturday | Sunday |
|------------|-----------|---------------|--------------------------|----------------|------------------|----------|--------|
| 7:30 am    |           | Cycling       |                          | Cycling        |                  |          |        |
| 8:30 am    | Lift      | Booty Camp    | Power Strength Intervals | Athletic Barre | LIFT             | Cycling  |        |
| 9:30 am    | Boot Camp | Yoga          | Cycle Strength Core      | Yoga           | Pilates Mobility | Yoga     |        |
| 6:00 pm    | Yoga      | Move & Groove | Yoga                     |                |                  |          | Yoga   |

## Fitness Premier Small Group Training Schedule \$150/month

|          |            |              |            |              |            |  |  |
|----------|------------|--------------|------------|--------------|------------|--|--|
| 6:00 am  | Core Power |              | Core Power |              | Core Power |  |  |
| 8:00 am  |            | KB Strength  |            | KB Strength  |            |  |  |
| 11:00 am |            | Fit For Life |            | Fit For Life |            |  |  |
| 12:00 pm | Get Strong |              | Get Strong |              | Get Strong |  |  |

Schedule begins 4/14/25

River Place Fitness Center | 512-346-1114 x3911 | [mdimanoff@riverplaceclub.com](mailto:mdimanoff@riverplaceclub.com)  
 RSVP for Fitness Center, Group Fitness Classes & Small Group Training on ForeTees



#### **ATHLETIC BARRE**

Athletic Barre integrates balance, core stability, functional strength + beat based dynamic cardio. This Class will leave you feeling centered, energized, and sweaty. Sneakers required. (group fitness studio)

#### **BOOT CAMP**

Will focus on strengthening exercises for the entire body- upper body, lower body, & core. You can work at your own pace & appropriate weight. (group fitness studio)

#### **BOOTY CAMP**

A challenging, high-intensity workout focused on building strength and sculpting your lower body, incorporating HIIT, bodyweight exercises, and circuit training to maximize results using the STEP! (group fitness studio)

#### **CYCLING**

Follow the tempo, as we will pedal to the beat of the music to help set rhythm & gear. From here, riders can do power intervals, strength work, or endurance stretches. Will use wattage, heart rate &/or perceived exertion to help you train your cardio-respiratory system to help reach your best fitness level. (cycle studio)

#### **CYCLE STRENGTH CORE**

This high energy class combines an intense cycling workout with strength and core exercises, targeting both cardiovascular health and building a strong, balanced body. You will begin in the cycling studio and finish in the group fitness studio. Best of both worlds! (cycle studio and group fitness studio)

#### **LIFT**

Class will focus on full body strength training with an emphasis on core work. We may utilize dumbbells, bodyweight, bands, balls, and gliders. (group fitness studio)

#### **MOVE AND GROOVE**

Dance Fitness is a dynamic and high-energy workout that targets all major muscle groups, improves cardiovascular health, and boosts your endurance while you're dancing to the rhythm of your favorite tunes. (group fitness studio)

#### **PILATES MOBILITY**

Each class will work to balance all muscle groups' strength & flexibility, with an emphasis on challenging the core muscles with each movement. Classes will blend the Classical Pilates Method with exercise variations, & by using props & lightweights. Modifications will be suggested for beginners or for those with physical limitations. (group fitness studio)

#### **POWER STRENGTH INTERVALS**

A high-intensity, interval-based workout that combines strength training with short bursts of power exercises to build strength, improve cardiovascular fitness, and boost overall athleticism. (group fitness studio)

#### **YOGA**

Yoga is a series of postures, one flowing seamlessly into the next, uniting body, mind, and breath. Designed as a moving meditation, every yoga class is unique, creating the opportunity to become stronger, more flexible, and balanced, while practicing being present to the moment. (group fitness studio)

### **FITNESS PREMIER SMALL GROUP TRAINING \$150/month**

#### **ALL SESSIONS MEET ON THE TURF**

#### **CORE POWER**

CorePower fuses functional core training with cardiovascular conditioning. A strong core is the foundation of everything we do from reaching for that glass on the top shelf, to walking or playing with loved ones. This 60-minute class promises to provide a good sweat along with improved mobility, balance, core, stability, and functional core power!

#### **FIT FOR LIFE**

This small group class will be a circuit-style class using different free-weights and machine implements. The movements will be based on building strength and mobility that is easily translated to everyday life, keeping you feeling young and pain-free.

#### **GET STRONG**

These small group training sessions focus on building strength and endurance through a variety of exercises, including circuit training, cardio, and bodyweight movements, suitable for all fitness levels. Depending on the class, you might use dumbbells, resistance bands, bodyweight, strength training machines, Kettlebells, and/or medicine balls to build strength.

#### **KETTLEBELL STRENGTH**

Kettlebell Strength will focus on improving basic strength exercises that will help with daily movement patterns, while also getting your cardiovascular system ready for the day!