



**RIO GROUP EXERCISE STUDIO CLASS SCHEDULE
JANUARY 2021**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		 Dalia D.		 Dalia D.			
9:00 AM	 Ellie T.	 Liz B.		 Liz B.	 Jessica M.	 Amy W.	
12:00 PM	 Jen C.		 Liz B.		 Jen C.		
4:30 PM	Vinyasa Yoga Kyle L.		Yogalates Kyle L.				
5:45 PM		 Kara L.		 Kara L.	 Carmen M.		

Class Descriptions

BodyCombat™: is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

BodyFlow™: The Yoga Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling long, strong, calm and centered.

BodyJam™: Lose yourself in this dance-inspired cardio workout to the latest dance styles and the hottest new sounds.

BodyPump™: The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and YOUR choice of weight inspire you to get the results you came for – and fast!

BodyStep: Using a height adjustable step and simple movements on, over and around the step, you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle-conditioning tracks that shape and tone your entire body.

Vinyasa Yoga: This is a Yoga class in which the poses are synchronized with movement focusing on balance, strength and flexibility.

Yogalates: This class combines the core and strengthening work of Pilates, and the balance and flexibility work of yoga.

Zumba™: Latin inspired moves and dance themes come together to create a dynamic, fun class.