



RIVERTON
POINTE

GOLF AND COUNTRY CLUB

FITNESS CLASS SCHEDULE

DECEMBER 2023

FITNESS CENTER HOURS

OPEN DAILY FROM
5 AM-9 PM

KEY FOB ACCESS ONLY
MONDAY-FRIDAY
5-8 AM & 6-9 PM
SATURDAY & SUNDAY
5-8 AM & 3-9 PM

MONDAY

9:00-9:50 AM
TIGHTEN & TONE

10:00-11:00 AM
YOGA FOR
EVERYONE

TUESDAY

9:00-9:55 AM
HIGH LOW CARDIO

10-10:30 AM
CORE & MORE

WEDNESDAY

9:00-10:00 AM
TIGHTEN AND TONE

THURSDAY

9:00-9:55 AM
HIGH LOW CARDIO

2:00-3:00 PM
YOGA FOR EVERYONE

FRIDAY

9:00-9:55 AM
CIRCUIT TRAINING

10:00-10:30 AM
BUTTS AND GUTS





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FITNESS CLASS DESCRIPTIONS

BUTTS AND GUTS

STRENGTHEN YOUR GLUTES, QUADS, HAMSTRINGS, ABDOMINALS AND LOWER BACK THROUGH MOVEMENTS TARGETING THESE AREAS.

CIRCUIT TRAINING

ROTATE THROUGH STRENGTH AND CARDIO STATIONS TO WORK THE MAJOR MUSCLE GROUPS WHILE KEEPING YOUR HEART RATE ELEVATED. THIS CLASS COMBINES CARDIOVASCULAR AND STRENGTH TRAINING FOR AN EFFICIENT WORKOUT.

HIGH LOW CARDIO

FUN AND EASY TO FOLLOW 45-MINUTE CARDIO CHOREOGRAPHY, FOLLOWED BY SOME BASIC CORE EXERCISES.

TIGHTEN AND TONE

YOU'LL WORK EVERY MUSCLE GROUP IN THIS CLASS, INCLUDING CHEST, BACK, ARMS, LEGS AND CORE. WE'LL USE TUBING, DUMBBELLS AND YOUR OWN BODY WEIGHT TO INCREASE TOTAL BODY STRENGTH.

CORE & MORE

FOCUS IS ON MAT WORK TO STRENGTH ABDOMINALS, OBLIQUES, TRANSVERSE ABDOMINUS AND LOWER BACK MUSCLES.

YOGA FOR EVERYONE

BASIC GENTLE YOGA CLASS INCLUDING STANDING, SEATED AND "FLAT ON MAT" POSES THAT WILL INCREASE FLEXIBILITY, STRENGTH AND RANGE OF MOTION. MODIFICATIONS ARE OFFERED TO MAKE POSES DOABLE FOR ALL FITNESS LEVELS. CLASS ENDS WITH STRETCHING AND RELAXATION. BYOM (BRING YOUR OWN MAT 😊)