



Riverside Center Group Exercise Schedule September 3, 2019 – December 13, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	6 – 6:45 a.m. Total Body Training	6 – 6:45 a.m. Cycle	6 – 6:45 a.m. Cardio Barbell	
11 – 11:30 a.m. Cardio Kickboxing	11:15 -12 p.m. Yoga		11 – 11:45 a.m. Pilates/Barre	11-11:45 a.m. Yoga
11:30 -12 p.m. Pilates/Barre				
12 – 12:30 p.m. Total Body Training		12 – 12:30 p.m. Cycle	12 – 12:30 p.m. Strength & Stability	12 – 12: 30 p.m. Total Body Training
		12:30 – 1 p.m. Strength & Stability	12:30 – 1 p.m. Cycle	12:30 – 1 p.m. Cycle
4:30 – 5:15 p.m. Cycle	4:30 – 5:15 p.m. Strength & Stability	4 – 4:45 p.m. Yoga	4:30 – 5:15 p.m. Cycle	

- All classes start on time
- Class format and lesson plans vary according to class duration and discipline
- Class size and space may require participants to reserve equipment
- Classes and times are subject to change based on attendance history
- Call 608-782-5029 x 3430 for cycling and cardio barbell orientations prior to your first class

Visit www.riversidecorporatewellness.com for cancellations and/or class changes



Belle Square Group Exercise Schedule September 3, 2019 – December 13, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
7 – 7:45 a.m. Strength & Stability	7 – 7:45 a.m. Cardio Barbell		7 – 7:45 a.m. Total Body Training	
		11:30 - 12 p.m. Cardio Kickboxing		11:30 – 12 p.m. Cardio Barbell
12 – 12:30 p.m. Cycle		12 – 12:30 p.m. Pilates/Barre	12 – 12:30 p.m. Cycle	12 – 12:30 p.m. Strength & Stability
12:30 – 1 p.m. Total Body Training	12:30 – 1: 15 p.m. Yoga	12:30 – 1 p.m. Strength & Stability	12:30 – 1:15 p.m. Pilates/Barre	
		4:30 – 5:15 p.m. Total Body Training	4 – 4:45 p.m. Cycle	
5- 5:45 p.m. Cycle	5 – 5:45 p.m. Strength & Stability		5 – 6:00 p.m. Yoga	

- All classes start on time
- Class format and lesson plans vary according to class duration and discipline
- Class size and space may require participants to reserve equipment
- Classes and times are subject to change based on attendance history
- Call 608-782-5029 x3500 for cycling and cardio barbell orientations prior to your first class

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