

8801 West 143rd Street
 Orland Park, IL 60462
 Rivierasports.com
 708-349-1100



Hours of Operation
 M-F: 5am-11pm
 Sat: 7am-11pm
 Sun: 8am-10pm

**Country Club and Sports Center
 Group Exercise Class Schedule**

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am (60min) Group Cycling Lisa	8:00am (55min) Healthy Moves Angela	8:30am (55min) Strength Training Lynnae	6:00am (50min) Group Cycling Nancy	8:30am (55min) Strength Training Brandi	8:00am (55min) Healthy Moves Angela	8:00am (60min) Zumba Kristen
9:00am (45min) Tabata Lisa	8:30am (50 min) Group Cycling Rick	8:45am (45min) Group Cycling Kim	8:00am (55min) Healthy Moves Nancy	<u>9:15am (50 min)</u> <u>H2O for Health</u> <u>Debbie</u>	8:45am (45min) Group Cycling Kim	9:00am (50min) Group Cycling Giovanna
10:00am (60 min) Zumba Michelle	9:05am (60min) Turbo Kick Lynnae	<u>9:15am (45min)</u> <u>H2O for Health</u> <u>Debbie</u>	8:30am (50min) Group Cycling Mary	9:30am (60min) Cardio Blast Brandi	9:05am (55min) Turbo Kick Lynnae	9:00am (55min) Step Patti
		9:30am (45min) Tabata Giovanna		9:30am (50 min) Group Cycling Rick	<u>9:15am (45min)</u> <u>H2O for Health</u> <u>Debbie</u>	10:00am (55min) Strength Training Giovanna
			<u>9:15am (60 mins)</u> <u>H2O for Health</u> <u>Debbie</u>	10:30am (45min) Pilates/Core Lisa	10:15am (60min) Group Power Mary	
	10:15am (60min) Group Power Mary	10:30am (50 mins) Zumba Nancy E.	9:30am (60mins) Group Power Mary	11:30am (60 min) Zumba Nancy E.	<u>10:15am (45min)</u> <u>Power Packed</u> <u>Aquatics</u> <u>Debbie</u>	
	<u>10:15am (45min)</u> <u>Power Packed</u> <u>Aquatics</u> <u>Angela</u>	11:30am (60min) Strength Lynnae	<u>10:15am (60min)</u> <u>H2O for Health</u> <u>Angela</u>	12:30pm (60min) Strength Ghadir	11:20am (60min) Yoga Lynnae	
	11:25am (60min) Yoga Lourdes		10:45am (60 min) Zumba Nancy E.			3:30pm (60 min) Group Cycling Chris Light
	4:30pm (45min) Cardio Sculpt Dawn	4:30pm (50min) Group Cycling Dawn	4:30pm (45min) Flexibility/Core Seve	4:30pm (60 mins) 20/20/20 Dawn	4:30pm (45min) Flexibility/Core Steve	
	5:15pm (45min) Pilates Dawn	5:30pm (50min) Strength Training Dawn	6:00pm (45 min) Strength Lourdes	5:30pm (45 mins) Pilates Dawn		
	6:00pm (60min) Zumba Kristen	6:30pm (55min) Zumba Michelle	7:00pm (60min) Yoga Lourdes	6:30pm (50min) Zumba Kristen		
	7:00pm (60min) Step and Tone Patti	7:30pm (50min) Gentle Yoga Ghadir	7:30pm (60 mins) Group Cycling Chris Light	7:30pm (60min) Yoga Ghadir	Please sign up for our Club Texts to receive notifications of cancelled or subbed classes. Sign up at Check-In Receive notifications of cancelled or classes and instructors are Subject to change <u>Underlined</u> indicates Aquatic classes RED indicates NEW BLUE indicates change of Instructor GREEN indicates NIGHT CLASS	
	7:30pm (60 mins) Group Cycling Chris Light			8:00pm (50 mins) Aquatic Zumba Michelle		