

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

# Riviera

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

## Country Club and Sports Center Group Exercise Class Schedule

June

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 (55min) 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
	<u>9:15am (50min)</u> <u>H2O for Health</u> <u>Aubrey</u>	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	11:00am (60 min) Group Cycling Chris Light
	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 (50 min)</u> <u>Power Packed</u> <u>Aquatics</u> <u>Aubrey</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.			
	4:30pm (45min) Cardio Sculpt Dawn	4:30pm (50min) Group Cycling Dawn	4:30pm (45min) Flexibility/Core Steve	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	<b>7:00pm (60min)</b> <b>Yoga</b> <b>Lourdes</b>	6:30pm (50min) Zumba Kristen		
	<b>7:00pm (60min)</b> <b>Step and Tone</b> <b>Patti</b>	<b>7:30pm (50min)</b> <b>Gentle Yoga</b> <b>Ghadir</b>	<b>7:30pm (60 mins)</b> <b>Group Cycling</b> <b>Chris Light</b>	<b>7:30pm (60min)</b> <b>Yoga</b> <b>Ghadir</b>	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	
	<b>7:30pm (60 mins)</b> <b>Group Cycling</b> <b>Chris Light</b>			<b>8:00pm (50 mins)</b> <b>Aquatic Zumba</b> <b>Michelle</b>	<u>Underlined</u> indicates Aquatic classes <b>RED</b> Indicates NEW <b>BLUE</b> indicates change of Instructor <b>GREEN</b> indicates NIGHT CLASS	

Updated 05/06/19