

Small Group Training Descriptions

General Information

Take your training to a new level with RiverPlex small group training. These programs do not discriminate by age, gender or fitness level. We've taken the standard classes as well as the current fitness trends, added our own twist and created a show you'll never forget!

Each class brings together groups of people who are interested in learning from great trainers how to have a safe, effective and fun workout. Relieve stress, torch calories, tone muscles and take your fitness to a new level! You'll improve accountability and stay motivated by developing a strong social bond and, if consistent, some pretty impressive results!

Our trainers can individualize and modify each and every exercise specific to your needs and goals! Experience the fun fitness has to offer while building your knowledge base and discovering new exercises and techniques to add to your personal workout regimen.

All small group training classes are available to members and non-members for a fee. Check with the front desk for pricing.

Training Programs



Whether you haven't gotten off the couch in 3 weeks, you're a weekend warrior or in great shape looking to shed some

additional body fat, you deserve to be here. Join the RiverPlex for a comprehensive 8-week weight loss competition! You will work out in groups utilizing our small group classes, establish a well-rounded nutrition regimen, and have accountability with trainers and dietitians along the way. This program isn't for a "demographic", it's for humans. We will demand your best. Give max effort and you WILL see results. Don't be average, be extreme! Program will occur 3 times throughout the year. *Not included with small group/semi private training packages, but can be built into the cost!*



Infusing TRX Suspension Training with traditional yoga for an evolution of movement to both assist and challenge traditional poses. Feel confident,

empowered and uplifted while improving your mobility, stability and strength! *Not included with small group/semi private training packages, but can be built into the cost!*



This class utilizes science and technology combined with effort and intensity resulting in the ultimate calorie burn. During class we will use heart rate monitors to live stream each individual's heart rate on a screen throughout the class to make sure you stay in your zone to maximize calorie burn during the class

and ramp up your metabolism throughout the day. The heart rate monitors show three things: ?? What three things? All workouts are individualized, if you're in terrible shape or great shape, its all based on your own max heart rate. You'll know exactly how many calories you burn each workout (and receive an email of all your data) and you can compete against yourself! Stop guessing whether or not you've had a good workout. With the live streaming data, you no longer have to guess, you'll know for sure! Riverplex Heart Rate monitors are available at the OSF Marketplace.



Your base is your foundation. It's what is required prior to anything else being added to it. Whether you want to alleviate your back/knee pain, strengthen your pelvic floor or tone up your 6-pack, this class is for you. Prepare for an intense workout using bodyweight and low impact exercises in every possible location at the Riverplex! Exactly as it sounds; this class will torch calories and kick your metabolism into high

gear. Including injury prevention programming, heart pumping cardio and everything else required to create the foundation necessary to build strength, lean muscle, win a powerlifting competition or play outside with your kids. It's the foundation for life.



Tired of spending hours at the gym doing cardio just to burn those pesky extra calories? Is your schedule too busy for a time consuming weight lifting routine? What if you could burn loads of calories and build lean muscle at the SAME time in just an hour or less? Good news – you

can but it might H.I.R.T.!

High Intensity Resistance Training is a form of exercise that will push your body to its ultimate limits. By incorporating weight training and cardio into a fast paced routine while you're racing against the time clock – you'll be working both aerobically and anaerobically to torch calories and build lean muscle. It'll be quick, it'll be sweaty and it'll be worth it!



A workout *with* a view? What more could you ask for? This intense class incorporates sports drills, strength training, core work and much more all while utilizing the scenic outdoor space that the Riverplex has to offer right on

the riverfront!