



#9 Family Fitness

- Why not include the entire family, kids additionally, into an individual preparing program suitable for every individual from the crew. It implies additional time with the family and it can be made into being a fun occasion in the meantime, regardless of what activity administration, weight reduction arrangement or wellness objective you are searching for. An expert can make individual preparing a good time for every relative.

Looking for a fun, friendly environment to
Motivate and Challenge you or your kids?

RIOT's Group Fitness has it all, and for every level—whether you want health, fitness, wellness, martial arts or ... we've got the moves that will energize and tone you. Check out our schedule now!

Specific Personal, Family and Group Classes

Program [1]: Taekwondo-Self Defense.

KIDS: RIOT believes that we can redesign the way we live-- our homes, communities, schools, and everyday routines -- so that our kids have an enriching childhood that will prepare them to be productive, happy, and healthy adults. The RIOT Youth & Family initiative aims to empower parents, schools, health and fitness professionals, community leaders, and the kids themselves to improve the health and wellbeing of children and adolescents through increased physical activity through Tae Kwon Do, Taekwondo Self-Defense and improved nutrition.

ADULTS: Learn to defend yourself without weapons! This course teaches basic self-defense and the use of improvised weapons. You can learn to defend yourself with natural weapons, without resorting to man-made tools. No prior martial arts or tactical training is required. For more information about future Self Defense classes at RIOT, please contact 650-992-3939

Basic Self-Defense Sessions

Session 1: Use of Force

This session discusses the legal use of force, including the force continuum. Conflict management is taught, including verbal self-defense and de-escalation strategy. Physical conditioning is introduced to prepare students for training on defensive tactics

Session 2: Defensive Tactics

This session teaches self-defense fundamentals: defensive and counter-offensive techniques, situational awareness, and countering scenario-based attacks. Defensive tactics are taught using escapes, hand-to-hand combat, and survival skills

Session 3: Stand-Up Fighting

This session focuses on striking vital points on the body, with techniques like kicking, punching, knees, elbows, and head-butts. Entering and trapping techniques are taught to intercept and control single or multiple opponents. Mobility will be emphasized

Session 4: Ground-Fighting

This session teaches ground-fighting, throwing and grappling techniques for pinning, locking, and constricting opponents on the ground. You learn to escape from attacks and to recover to standing. Falling techniques are taught for participants' safety

Session 5: Closing and Finishing

This session integrates many self-defense principles; striking and trapping, throwing and grappling techniques into closing and finishing. Strategies for cornering, submission, and controlling opponents are presented. Finishing techniques are shown

Session 6: Practical Exercises

This session conducts practical exercises on situational self-defense; using scenarios. After each exercise, students will debrief to discuss what they have learned. Content of the advanced self-defense course against armed opponents is introduced

PROGRAM [2]: RIOT Taekwondo Bootcamp!

If you're looking for a workout that will push you to your limits, increase your endurance, and provide constant challenges, then RIOT Boot camp is the class for you!

This elite training program combines intense cardio training with Taekwondo combat military drills. This top-notch program will challenge your stamina and strength - inside and out!

RIOT offers high-intensity 30- 60-minute workouts incorporate a diverse range of tools in a challenging circuit-style regimen. From a side-by-side medicine ball toss to core-stabilizing kettle bell and battling rope movements, RIOT engages students of all fitness capabilities with fun and continuously changing exercises.

RIOT's Boot Camp certified instructors will push your fitness boundaries. This invigorating training program utilizes functional movements and team-oriented drills to improve form, increase strength, and heighten stamina. Whether you're hoping to fulfill the feat of a marathon or add vigor to an existing routine, RIOT pushes your body to the limit and helps you attain even the most ambitious of goals.

YOU'LL SEE RESULTS AFTER JUST A FEW CLASSES

These Boot camp classes are programmed to help every level of athlete of every age lose inches as well as pounds while increasing overall fitness. Because this is a group class, you experience camaraderie that allows each member to rely on each other for encouragement while reaching a mutual goal.

Instead of starting a monotonous workout routine at your current gym, start with something refreshing and motivating by participating in RIOT Boot camp! No two classes will ever be the same - we integrate education and Taekwondo into our workouts. And as you burn up to 500-800 calories with each class, you'll experience countless benefits for your body and mind:

- Dramatic improvements to your fitness and health
- Increased fitness, firmness, and flexibility
- Heightened confidence
- Effortless weight loss and easy weight management
- Constantly new goals to meet as you bust through each goal you've set

To find out more about our incredible Boot camp simply calling 650-992-3939. When you do we will send you all the information you need to take advantage of this incredible opportunity! If you're looking for a workout that will push you to your limits, increase your endurance, and provide constant challenges, then RIOT Boot camp is the class for you!

DISCOVER WHAT IT MEANS TO BE IN GREAT SHAPE!

SPECIALITY PROGRAMS

PROGRAM [1]: Intro to Fitness (Instructional)

- This class is accessible for all ability levels. Instructors will teach modifications for many common exercises. Class includes cardio warm-up, bodyweight strength exercises, joint mobility and a light cool down. **Contact RIOT at 650-992-3939 for more information.**

PROGRAM [2]: Equipment Orientations (Instructional)

- This is a 45-minute appointment to educate patrons on proper use of workout equipment. We will demonstrate proper use of a machine, and will help patrons determine the proper fit (seat/pads). This session will NOT develop a workout plan, but is rather an introduction to the equipment. Follow-up appointments are allowed. **Contact RIOT at 650-992-3939 for more information.**

PROGRAM [3]: Taekwondo-Cardio Kick

- A high-intensity, total body workout with elements of Taekwondo combined to give you a "power" workout. **Contact RIOT at 650-992-3939 for more information.**

PROGRAM [4]: Abs and Glutes

- Skills learned in this class aim to improve core strength and function, leading to fewer injuries, more spinal stability, more power for other lifts, better transfer of forces in sports, and overall improved function in activities in daily life. Notify instructor of any pre-existing injuries before the start of class. **Contact RIOT at 650-992-3939 for more information.**

PROGRAM [5]: Body Sculpting

- Increase muscular strength, endurance and definition using bodyweight exercises, light dumbbells, weighted bars, resistance bands, and a variety of other props. Class intensity varies depending on instructor, please notify your instructor if you have injuries or need modifications. **Contact RIOT at 650-992-3939 for more information.**
- **PROGRAM [6]: Strong and Stable: A Balance Classes:** Recent studies have determined that the risk of falling increases 35% to 40% after age 60. Additionally, experts tell us that falls are the leading cause of injury in adults older than 70 years. These are startling statistics! Current recommendations suggest that older adults should take steps to improve their balance and decrease their risk of falls. **Contact RIOT at 650-992-3939 for more information.**
- **Strong and Stable** is an 8 week, 16 session program designed to address the full spectrum of lifestyle practices that can help improve one's balance, stability, and self-confidence.
- RIOT leads participants through focused, stimulating exercise routines and provides personalized attention in a safe, small group setting. Course materials include informational handouts and exercises for home use. Pre- and post-session balance assessments are included.

PROGRAM [7]: A-Weigh to Stay-A Weight Loss Program: This is a 10-week weight loss program designed to get you on track to living a healthy and happy life! Weekly meetings will focus on exercise knowledge and implementation, nutrition counseling, and behavioral change. RIOT empowers you with the knowledge and encouragement necessary to make positive changes in your daily life! Program Benefits:

- Free pedometer
- Optional dietary consultation with a registered dietician
- Two (2) nutrition classes with a registered dietician
- Eight (8) educational fitness workshops
- Pre and post program fitness assessments
- Weight loss workbook
- **Contact RIOT at 650-992-3939 for more information.**

PROGRAM [8]: Strength Training

Small Group Training

Strength Training is a small group training program, open to both men and women, where you will learn the basics of strength training, including proper form and technique. By the end of the program, you will know how to create and properly perform your own individualized strength training routine.

- **Contact RIOT at 650-992-3939 for more information.**

When you're ready, we're here.

Whether you're an early riser, prefer a midday workout, or the evening is when you hit your stride, you'll appreciate our convenient hours. And no matter when you're ready to exercise, you'll find multiple options from which to choose: classes exploring physical exercise, the mind-body connection, martial arts exercise, and services such as weight management and personal training.

It feels good to have a strong, flexible body that can do all the activities you enjoy - like running, jumping, and playing with your friends. It is also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive. But you may not know that exercising can actually put you in a better mood.

When you exercise, your brain releases chemicals called endorphins, which is a natural way to make you feel happier. It is just another reason why exercise is a fun activity. For more information about this topic, please call **650-992-3939**