



RIVER VALLEY RANCH

Day	Time	Location	Class	Instructor
Monday 7/31				
	TBD	<i>Ranch House</i>	Morning Hiking Group	
	8:00- 9:00 AM	<i>Studio</i>	Move From Your Center	Anthony
	8:00- 9:00 AM	<i>ZOOM</i>	Qigong	Cari
	9:30-10:30 AM	<i>Studio</i>	Strong & Stable	Bonnie
Tuesday 8/1				
	8:00-9:00 AM	<i>Studio</i>	Gentle Slow Flow Yoga	Shelly
	9:00- 10:00am	<i>Pool</i>	Water Aerobics	JoAnn
	9:30-10:30 AM	<i>Studio</i>	HIIT	Lauren
	10:45 - 11:45am	<i>ZOOM</i>	Ageless Athlete	John
	5:30- 6:30 PM	<i>Pool</i>	Master Swim	Dave
Wednesday 8/2				
	8:00- 9:00 AM	<i>ZOOM</i>	Qigong	Cari
	8:15 - 9:15 AM	<i>Studio</i>	Pilates Blend	Natalie
	9:30 - 10:30 AM	<i>Studio</i>	Cycle	Susan
	10:45 - 11:45 AM	<i>Studio</i>	Booty	Tina
	5:15 - 6:15 PM	<i>Studio</i>	Yogalates	Anthony
Thursday 8/3				
	9:00- 10:00am	<i>Pool</i>	Water Aerobics	JoAnn
	10:15 - 11:15 AM	<i>Studio</i>	Dynamic Strength	Tina
	10:45 - 11:45am	<i>ZOOM</i>	Ageless Athlete	John
	5:30- 6:30 PM	<i>Pool</i>	Master Swim	Dave
Friday 8/4				
	8:00-9:00 AM	<i>Studio</i>	Gentle Slow Flow Yoga	Shelly
	10:45-11:45 AM	<i>Studio</i>	Pilates	Elly
Saturday 8/5				
	9:00- 10:00am	<i>Studio</i>	Ageless Athlete	John
Sunday 8/6				
	4:30-5:30 PM	<i>Studio</i>	Restore & Renew Yoga	Ellen