



RIVER VALLEY RANCH



Day	Time	Location	Class	Instructor
Monday 4/8				
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
	8:00 - 9:00 AM	Studio	Pilates for Everyone	Alexandra
	9:30 - 10:30 AM	Studio	Strong & Stable	Bonnie
	10:45 - 11:45 AM	Studio	Foundational Yoga	Wendy
Tuesday 4/9				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
CANCELLED	9:30 - 10:30 AM	Studio	HIIT	Lauren
	10:45 - 11:45 AM	Studio	Pilates Blend	Natalie
	5:30 - 6:30 PM	Pool	Master Swim	Dave
Wednesday 4/10				
	7:30 - 8:30 AM	Studio	Mountain Morning Intermediate Flow	Wendy
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
	9:30 - 10:30 AM	Studio	Barre	Lauren
Thursday 4/11				
	8:00 - 9:00 AM	Studio	Cycling + Upper Body Strength	Susan
	9:30 - 10:30 AM	Studio	Dynamic Strength	Bonnie
	10:45 - 11:45 AM	Studio	Pilates Blend	Natalie
	5:30 - 6:30 PM	Pool	Master Swim	Dave
Friday 4/12				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
	9:30 - 10:30 AM	Studio	Spin	David
	10:45 - 11:45 AM	Studio	Pilates	Elly
Saturday 4/13				
	9:00 - 10:00 AM	Studio	Ageless Athlete	John
Sunday 4/14				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen