



RIVER VALLEY RANCH



Day	Time	Location	Class	Instructor
Monday 6/3				
	6:00-7:00 AM	Studio	PEAK Fitness	Jace
	8:00 - 9:00 AM	Studio	Pilates for Everyone	Alexandra
	9:30 - 10:30 AM	Studio	Strong & Stable	Bonnie
Tuesday 6/4				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
	9:00-10:00 AM	Rec Pool	Water Aerobics	JoAnn
	9:30 - 10:30 AM	Studio	HIIT	Lauren
	5:30 - 6:30 PM	Lap Pool	Mater Swim	Dave
Wednesday 6/5				
	6:00-7:00 AM	Studio	PEAK Fitness	Jace
New Day	8:00-9:00 AM	Studio	Cycling + Upper Body Strength	Susan
	9:30 - 10:30 AM	Studio	Barre	Lauren
Thursday 6/6				
	9:00-10:00 AM	Rec Pool	Water Aerobics	JoAnn
	9:30 - 10:30 AM	Studio	Dynamic Strength	Bonnie
	10:45 - 11:45 AM	Studio	Pilates Blend	Natalie
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Friday 6/7				
	6:00-7:00 AM	Studio	PEAK Fitness	Jace
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Shelly
	9:30 - 10:30 AM	Studio	Spin	Bonnie
	10:45 - 11:45 AM	Studio	Pilates	Elly
Saturday 6/8				
	9:00 - 10:00 AM	Studio	Ageless Athlete	John
Sunday 6/9				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen