



RIVER VALLEY RANCH



Day	Time	Location	Class	Instructor
Monday 6/17				
	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	Shaylee (sub)
Tuesday 6/18				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
New Class Name	9:00-10:00 AM	Rec Pool	H2O Resistance & Core	JoAnn
	9:30 - 10:30 AM	Studio	HIIT	Lauren
	5:30 - 6:30 PM	Lap Pool	Mater Swim	Dave
Wednesday 6/19				
	6:00-7:00 AM	Studio	PEAK Fitness	Jace
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
CANCELED	8:00-9:00 AM	Studio	Cycling + Upper Body Strength	Bonnie
	9:30 - 10:30 AM	Studio	Barre	Lauren
Thursday 6/20				
New Class Name	9:00-10:00 AM	Rec Pool	H2O Resistance & Core	JoAnn
	9:30 - 10:30 AM	Studio	Dynamic Strength	Karla (sub)
	10:45 - 11:45 AM	Studio	Pilates Blend	Alexandra (sub)
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Friday 6/21				
	6:00-7:00 AM	Studio	PEAK Fitness	Jace
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Shelly
CANCELED	9:30 - 10:30 AM	Studio	Spin	Bonnie
	10:45 - 11:45 AM	Studio	Pilates	Elly
Saturday 6/22				
	9:00 - 10:00 AM	Studio	Ageless Athlete	John
Sunday 6/23				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen