



RIVER VALLEY RANCH



Day	Time	Location	Class	Instructor
Monday 7/1				
	6:00-7:00 AM	Studio	PEAK Fitness	Jace
	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	Shaylee
Tuesday 7/2				
Additional Day!	6:00-7:00 AM	Studio	PEAK Fitness	Jace
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
	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 7/3				
	6:00-7:00 AM	Studio	PEAK Fitness	Jace
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
	8:00-9:00 AM	Studio	Cycling + Upper Body Strength	Susan
	9:30 - 10:30 AM	Studio	Barre	Lauren
Thursday 7/4 Happy 4th of July!!				
Additional Day!	6:00-7:00 AM	Studio	PEAK Fitness	Jace
CANCELED	9:00-10:00 AM	Rec-Pool	H2O-Resistance & Core	JoAnn
	9:30 - 10:30 AM	Studio	Dynamic Strength	Bonnie
CANCELED	10:45 - 11:45 AM	Studio	Pilates Blend	Natalie
CANCELED	5:30 - 6:30 PM	Lap-Pool	Master Swim	Dave
Friday 7/5				
	6:00-7:00 AM	Studio	PEAK Fitness	Jace
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Ellen (sub)
New Class!	9:30 - 10:30 AM	Studio	Cardio Fusion	Erika
	10:45 - 11:45 AM	Studio	Pilates	Elly
Saturday 7/6				
	9:00 - 10:00 AM	Studio	Ageless Athlete	John
Sunday 7/7				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen