



RIVER VALLEY RANCH



Day	Time	Location	Class	Instructor
Monday 7/8				
	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 7/9				
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 7/10				
	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 7/11				
Additional Day!	6:00-7:00 AM	Studio	PEAK Fitness	Jace
	9:00-10:00 AM	Rec Pool	H2O Resistance & Core	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 7/12				
	6:00-7:00 AM	Studio	PEAK Fitness	Jace
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Shelly
New Class!	9:30 - 10:30 AM	Studio	Cardio Fusion	Erika
	10:45 - 11:45 AM	Studio	Pilates	Elly
Saturday 7/13				
	9:00 - 10:00 AM	Studio	Ageless Athlete	John
Sunday 7/14				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen