



RIVER VALLEY RANCH

Day	Time	Location	Class	Instructor
Monday 5/26				
New Instructor!	6:00-7:00 AM	Studio	PEAK Fitness	Shaylee
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
	8:00 - 9:00 AM	Studio	Pilates for Everyone	Johnna (sub)
	9:30 - 10:30 AM	Studio	Strong & Stable	Shaylee
Tuesday 5/27				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
	9:30 - 10:30 AM	Studio	HIIT	Lauren
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Wednesday 5/28				
	6:00-7:00 AM	Studio	PEAK Fitness	Shaylee
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
	8:00-9:00 AM	Studio	Cycling + Upper Body Strength	Susan
New Time!	9:15-10:15 AM	Studio	Gentle Slow Flow Yoga	Shelly
Thursday 5/29				
	7:30 - 8:30 AM	Studio	Vinyasa Flow (moderate)	Shelly
	9:30 - 10:30 AM	Studio	Dynamic Strength	Bonnie
	10:45-11:45 AM	Studio	Pilates for Everyone	Johnna
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Friday 5/30				
New Instructor!	6:00-7:00 AM	Studio	PEAK Fitness	Shaylee
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Shelly
	9:30 - 10:30 AM	Studio	Cycle + Strength	Shaylee
Saturday 5/31				
Canceled	9:00 - 10:00 AM	Studio	Ageless Athlete	John
	10:15 - 11:15 AM	Studio	Bootcamp	Shaylee
Sunday 6/1				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Shaylee (sub)