



RIVER VALLEY RANCH

Day	Time	Location	Class	Instructor
Monday 6/2				
	6:00-7:00 AM	<i>Studio</i>	PEAK Fitness	Shaylee
	8:00 - 9:00 AM	<i>ZOOM</i>	Qigong: Moving Meditation	Cari
	8:00 - 9:00 AM	<i>Studio</i>	Pilates for Everyone	Alexandra
	9:30 - 10:30 AM	<i>Studio</i>	Strong & Stable	Shaylee
Tuesday 6/3				
	8:00 - 9:00 AM	<i>Studio</i>	Gentle Slow Flow Yoga	Anthony
	9:30 - 10:30 AM	<i>Studio</i>	HIIT	Lauren
	5:30 - 6:30 PM	<i>Lap Pool</i>	Master Swim	Dave
Wednesday 6/4				
	6:00-7:00 AM	<i>Studio</i>	PEAK Fitness	Shaylee
	8:00 - 9:00 AM	<i>ZOOM</i>	Qigong: Moving Meditation	Cari
	8:00-9:00 AM	<i>Studio</i>	Cycling + Upper Body Strength	Susan
	9:15-10:15 AM	<i>Studio</i>	Gentle Slow Flow Yoga	Shelly
Thursday 6/5				
	7:30 - 8:30 AM	<i>Studio</i>	Vinyasa Flow (moderate)	Shelly
	9:30 - 10:30 AM	<i>Studio</i>	Dynamic Strength	Bonnie
	10:45-11:45 AM	<i>Studio</i>	Pilates for Everyone	Johnna
	5:30 - 6:30 PM	<i>Lap Pool</i>	Master Swim	Dave
Friday 6/6				
	6:00-7:00 AM	<i>Studio</i>	PEAK Fitness	Shaylee
	8:00 - 9:00 AM	<i>Studio</i>	Gentle Slow Flow Yoga	Shelly
	9:30 - 10:30 AM	<i>Studio</i>	Cycle + Strength	Shaylee
Saturday 6/7				
Canceled	9:00 – 10:00 AM	<i>Studio</i>	Ageless Athlete	John
	10:15 - 11:15 AM	<i>Studio</i>	Bootcamp	Shaylee
Sunday 6/8				
	4:30 - 5:30 PM	<i>Studio</i>	Restore & Renew Yoga	Ellen