



RIVER VALLEY RANCH

Day	Time	Location	Class	Instructor
Monday 7/14				
	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 7/15				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
	9:00 - 10:00 AM	Rec Pool	Water Aerobics	JoAnn
	9:30 - 10:30 AM	Studio	HIIT	Lauren
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Wednesday 7/16				
	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
	9:15-10:15 AM	Studio	Gentle Slow Flow Yoga	Anthony (sub)
Thursday 7/17				
	7:30 - 8:30 AM	Studio	Vinyasa Flow Yoga	Karin (sub)
	9:00 - 10:00 AM	Rec Pool	Water Aerobics	JoAnn
New Instructor	9:30-10:30 AM	Studio	Pilates for Everyone	Christy
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Friday 7/18				
	6:00-7:00 AM	Studio	PEAK Fitness	Shaylee
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Karin (sub)
	9:30 - 10:30 AM	Studio	Cycle + Strength	Shaylee
Saturday 7/19				
Canceled	9:00 - 10:00 AM	Studio	Ageless Athlete	John
	10:15 - 11:15 AM	Studio	Bootcamp	Shaylee
Sunday 7/20				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen