



**RIVER VALLEY RANCH**

Day	Time	Location	Class	Instructor
<b>Monday 7/21</b>				
	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
<b>Tuesday 7/22</b>				
	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
<b>Wednesday 7/23</b>				
	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	Shelly
<b>Thursday 7/24</b>				
	7:30 - 8:30 AM	Studio	Vinyasa Flow Yoga	Shelly
	9:00 - 10:00 AM	Rec Pool	Water Aerobics	JoAnn
<b>New Instructor</b>	9:30-10:30 AM	Studio	Pilates for Everyone	<b>Christy</b>
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
<b>Friday 7/25</b>				
	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
<b>Saturday 7/26</b>				
	10:15 - 11:15 AM	Studio	Bootcamp	Shaylee
<b>Sunday 7/27</b>				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	<b>Karin (sub)</b>