



RIVER VALLEY RANCH

Day	Time	Location	Class	Instructor
<b>Monday 8/18</b>				
<b>Canceled</b>	8:00–9:00 AM	ZOOM	<del>Qigong: Moving Meditation</del>	Cari
	8:00 - 9:00 AM	Studio	Pilates for Everyone	Alexandra
	9:30 - 10:30 AM	Studio	Strong & Stable	Shaylee
<b>Tuesday 8/19</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 8/20</b>				
	6:00-7:00 AM	Studio	PEAK Fitness	Shaylee
<b>Canceled</b>	8:00–9:00 AM	ZOOM	<del>Qigong: Moving Meditation</del>	Cari
	8:00-9:00 AM	Studio	Cycling + Upper Body Strength	Susan
	9:15-10:15 AM	Studio	Gentle Slow Flow Yoga	<b>Karin (sub)</b>
<b>Thursday 8/21</b>				
	7:30 - 8:30 AM	Studio	Vinyasa Flow Yoga	<b>Erika (sub)</b>
	9:00 - 10:00 AM	Rec Pool	Water Aerobics	JoAnn
	9:30-10:30 AM	Studio	Pilates for Everyone	Christy
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
<b>Friday 8/22</b>				
	6:00-7:00 AM	Studio	PEAK Fitness	Shaylee
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	<b>Erika (sub)</b>
	9:30 - 10:30 AM	Studio	Cycle + Strength	Shaylee
<b>Saturday 8/23</b>				
	10:15 - 11:15 AM	Studio	Bootcamp	Shaylee
<b>Sunday 8/24</b>				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen