



RIVER VALLEY RANCH

| Day | Time | Location | Class | Instructor |
|-----------------------|------------------|----------|-------------------------------|--------------|
| Monday 9/15 | | | | |
| | 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 9/16 | | | | |
| | 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 9/17 | | | | |
| | 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 | Nicole (sub) |
| | 9:15-10:15 AM | Studio | Gentle Slow Flow Yoga | Shelly |
| Thursday 9/18 | | | | |
| | 7:30 - 8:30 AM | Studio | Vinyasa Flow Yoga | Shelly |
| | 9:30-10:30 AM | Studio | Pilates for Everyone | Christy |
| NEW CLASS | 12:00 - 1:00 PM | Studio | Strong & Stable | Shaylee |
| | 5:30 - 6:30 PM | Lap Pool | Master Swim | Dave |
| Friday 9/19 | | | | |
| | 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 9/20 | | | | |
| CANCELED | 10:15 - 11:15 AM | Studio | Bootcamp | Shaylee |
| Sunday 9/21 | | | | |
| | 4:30 - 5:30 PM | Studio | Restore & Renew Yoga | Ellen |