



RIVER VALLEY RANCH

Day	Time	Location	Class	Instructor
Monday 10/27				
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
	8:00 - 9:00 AM	Studio	Pilates for Everyone	Johnna (sub)
	9:30 - 10:30 AM	Studio	Strong & Stable	Shaylee
Tuesday 10/28				
NEW DAY!	6:00-7:00 AM	Studio	PEAK Fitness	Shaylee
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Natalie (sub)
	9:30 - 10:30 AM	Studio	HIIT	Lauren
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Wednesday 10/29				
	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	Ellen (sub)
Thursday 10/30				
NEW DAY!	6:00-7:00 AM	Studio	PEAK Fitness	Shaylee
	7:30 - 8:30 AM	Studio	Vinyasa Flow Yoga	Natalie (sub)
	9:30-10:30 AM	Studio	Pilates for Everyone	Christy
NEW CLASS	12:00 - 1:00 PM	Studio	Dynamic Conditioning	Shaylee
NEW CLASS	4:00 - 5:15 PM	Studio	MFR + Recovery Yoga	Lindsay
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Friday 10/31				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Karin (sub)
	9:30 - 10:30 AM	Studio	Cycle + Strength	Shaylee
Saturday 11/1 No classes - Happy Saturday!				
Sunday 11/2				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen