



RIVER VALLEY RANCH

Day	Time	Location	Class	Instructor
Monday 11/3				
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
Canceled	8:00 - 9:00 AM	Studio	Pilates for Everyone	TBD
	9:30 - 10:30 AM	Studio	Strong & Stable	Shaylee
Tuesday 11/4				
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 11/5				
	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 11/6				
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
	4:00 - 5:15 PM	Studio	MFR + Recovery Yoga	Lindsay
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Friday 11/7				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Natalie (sub)
	9:30 - 10:30 AM	Studio	Cycle + Strength	Shaylee
Saturday 11/8 No classes - Happy Saturday!				
Sunday 11/9				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen