



RIVER VALLEY RANCH

Day	Time	Location	Class	Instructor
<b>Monday 11/24</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 11/25</b>				
	6:00-7:00 AM	Studio	PEAK Fitness	Shaylee
	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
<b>Wednesday 11/26</b>				
<b>Canceled</b>	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 11/27</b> Ranch House Closed - Happy Thanksgiving!				
<b>Friday 11/28</b>				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Shelly
	9:30 - 10:30 AM	Studio	Cycle + Strength	Shaylee
<b>Saturday 11/29</b> No classes - Happy Saturday!				
<b>Sunday 11/30</b>				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen