



## RIVER VALLEY RANCH

| Day                                 | Time            | Location | Class                         | Instructor         |
|-------------------------------------|-----------------|----------|-------------------------------|--------------------|
| <b>Monday 12/29</b>                 |                 |          |                               |                    |
| <b>Canceled</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 12/30</b>                |                 |          |                               |                    |
|                                     | 6:00-7:00 AM    | Studio   | PEAK Fitness                  | Shaylee            |
|                                     | 8:00 - 9:00 AM  | Studio   | Gentle Slow Flow Yoga         | Anthony            |
| <b>Canceled</b>                     | 9:30 - 10:30 AM | Studio   | HIIT                          |                    |
|                                     | 5:30 - 6:30 PM  | Lap Pool | Master Swim                   | Dave               |
| <b>Wednesday 12/31</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 1/1</b>                 |                 |          |                               |                    |
| Ranch House Closed - No Classes     |                 |          |                               |                    |
| <b>Friday 1/2</b>                   |                 |          |                               |                    |
|                                     | 8:00 - 9:00 AM  | Studio   | Gentle Slow Flow Yoga         | Shelly             |
|                                     | 9:30 - 10:30 AM | Studio   | Cycle + Strength              | Shaylee            |
| <b>Saturday 1/3</b>                 |                 |          |                               |                    |
| <b>No classes - Happy Saturday!</b> |                 |          |                               |                    |
| <b>Sunday 1/4</b>                   |                 |          |                               |                    |
|                                     | 4:30 - 5:30 PM  | Studio   | Restore & Renew Yoga          | <b>Katie (Sub)</b> |