



RIVER VALLEY RANCH

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