



RIVER VALLEY RANCH

Day	Time	Location	Class	Instructor
Monday 12/22				
Canceled	8:00 – 9:00 AM	ZOOM	Qigong: Moving Meditation	Gari
	8:00 - 9:00 AM	Studio	Pilates for Everyone	Alexandra
	9:30 - 10:30 AM	Studio	Strong & Stable	Shaylee
Tuesday 12/23				
	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
Wednesday 12/24		Ranch House Closed - No Classes		
Thursday 12/25		Ranch House Closed - No Classes		
Friday 12/26				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Shelly
	9:30 - 10:30 AM	Studio	Cycle + Strength	Shaylee
Saturday 12/27		No classes - Happy Saturday!		
Sunday 12/28				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Karin (sub)