



RIVER VALLEY RANCH

Day	Time	Location	Class	Instructor
Monday 2/2				
	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 2/3				
New Instructor!	6:00-7:00 AM	Studio	PEAK Fitness	Nicole
	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 2/4				
	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 2/5				
	6:00-7:00 AM	Studio	PEAK Fitness	Shaylee
	7:30 - 8:30 AM	Studio	Vinyasa Flow Yoga	Shelly
	9:30-10:30 AM	Studio	Pilates for Everyone	Johnna
	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 2/6				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Shelly
New Instructor!	9:30 - 10:30 AM	Studio	Cycle + Strength	Mellie
Saturday 2/7		No classes - Happy Saturday!		
Sunday 2/8				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen