



RIVER VALLEY RANCH

Day	Time	Location	Class	Instructor
Monday 10/26				
CANCELLED	~~8:00 - 9:00 AM~~	~~ZOOM~~	~~Gigong: Moving Meditation~~	~~Geri~~
	8:00 - 9:00 AM	Studio	Pilates for Everyone	Alexandra
	9:30-10:30 AM	Studio	Strong & Stable	Erika (sub)
Tuesday 10/27				
	6:00-7:00 AM	Studio	PEAK Fitness	Gavin
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
	9:30 - 10:30 AM	Studio	HIIT	Lauren
	4:00 - 5:15 PM	Studio	Myofascial Release (MFR) + Recovery	Lindsay
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Wednesday 10/28				
CANCELLED	~~8:00 - 9:00 AM~~	~~ZOOM~~	~~Gigong: Moving Meditation~~	~~Geri~~
SPECIAL CLASS	8:00 - 8:45 AM	Studio	Cardio Strength	Laurie (sub)
	9:15-10:15 AM	Studio	Gentle Slow Flow Yoga	Ally (sub)
	4:00-5:00 PM	Studio	Pilates for Everyone	Johnna
Thursday 10/29				
	6:00-7:00 AM	Studio	PEAK Fitness	Gavin
	7:30 - 8:30 AM	Studio	Vinyasa Flow Yoga	Laurie (sub)
	12:00 - 1:00 PM	Studio	Dynamic Conditioning	Gavin
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Friday 10/30				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Lauren (sub)
	9:30 - 10:30 AM	Studio	Cycle + Strength	Mellie
Saturday 10/31				
<i>No classes - Happy Saturday!</i>				
Sunday 11/1				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen