



RIVER VALLEY RANCH

Day	Time	Location	Class	Instructor
Monday 11/2				
	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	Nicole
Tuesday 11/3				
	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 11/4				
CANCELLED	~~8:00 - 9:00 AM~~	~~*ZOOM*~~	~~Qigong: Moving Meditation~~	~~Cari~~
	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 11/5				
	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 11/6				
	8:00 - 9:00 AM	*Studio*	Gentle Slow Flow Yoga	**Lauren (sub)**
	9:30 - 10:30 AM	*Studio*	Cycle + Strength	Mellie
Saturday 11/7		***No classes - Happy Saturday!***		
Sunday 11/8				
	4:30 - 5:30 PM	*Studio*	Restore & Renew Yoga	Ellen