

DECEMBER 2018 RVR RANCH HOUSE GROUP FITNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
<p>Like us on FACEBOOK and visit rvrma.org for more fitness info! Or call 963-6300 with any questions.</p>	<p><i>All classes are included in HOA dues unless otherwise noted!</i></p>	<p>Current Ranch House Hours Mon-Fri 6am to 8pm Sat-Sun 8am to 7pm</p>				1					
2	<p>6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15AM Fastrac-Suzie 10:20 Tai Chi-John 6:00 Refine-Align Yoga-Alya</p>	3	<p>6:15AM Spin - Judy 8AM Alignment Flow - River 9:15am Body Fit-Lisen 10:45AM Ageless Fit. - John 4:30 Soo Bahk Do-Dan 6:00 Ski Conditioning-Lisen</p>	4	<p>8:00AM Slow Flow - Lisa 9:15AM Fastrac-NO CLASS 10:20am Tai Chi-John 5:30pm Masters Swim-Dave 6:00 Slow Flow-Shelly</p>	5	<p>6:15AM Spin - Susan 8AM Yogalates-Anthony 9:15 Body Fit-Lisen 10:45AM Ageless Fit. - John 6:00 Ski Conditioning-Lisen</p>	6	<p>6:30 Stretching/Adult martial arts 8AM Slow Flow-Shelly 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pilates-Marissa</p>	7	8
9	<p>6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15AM Fastrac-Suzie 10:20 Tai Chi-John 6:00 Refine-Align Yoga-Alya</p>	10	<p>6:15AM Spin - Judy 8AM Alignment Flow - Shelly 9:15am Body Fit-Lisen 10:45AM Ageless Fit. - John 4:30 Soo Bahk Do-Dan 6:00 Ski Conditioning-Lisen</p>	11	<p>8:00AM Slow Flow - Alya 9:15AM Fastrac-Suzie 10:20am Tai Chi-John 5:30pm Masters Swim-Dave 6:00 Slow Flow-Shelly</p>	12	<p>6:15AM Spin - Susan 8AM Yogalates-Anthony 9:15 Body Fit-Lisen 10:45AM Ageless Fit. - John 6:00 Ski Conditioning-Lisen</p>	13	<p>6:30 Stretching/Adult martial arts 8AM Slow Flow-Shelly 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pilates-Marissa</p>	14	15
16	<p>6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Anthony 9:15AM Fastrac-Suzie 10:20 Tai Chi-John 6:00 Refine-Align Yoga-Alya</p>	17	<p>6:15AM Spin - Judy 8AM Alignment Flow - Shelly 9:15am Body Fit-Lisen 10:45AM Ageless Fit. - John 4:30 Soo Bahk Do-Dan 6:00 Ski Conditioning-Lisen</p>	18	<p>8:00AM Slow Flow - Lisa 9:15AM Fastrac-Suzie 10:20am Tai Chi-John 5:30pm Masters Swim-Dave 6:00 Slow Flow-Michelle</p>	19	<p>6:15AM Spin - Susan 8AM Yogalates-Anthony 9:15 Body Fit-Lisen 10:45AM Ageless Fit. - John 6:00 Ski Conditioning-Lisen</p>	20	<p>6:30 Stretching/Adult martial arts 8AM Slow Flow-Shelly 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pilates-Marissa</p>	21	22
23 5PM Stretch&Restore	24	<p>6:45AM Rise Up Yoga-Alya</p>	25	<p>CLOSED HAPPY HOLIDAYS</p>	26	<p>8:00AM Slow Flow - Mimi 9:15AM Fastrac-NO CLASS 10:20am Tai Chi-John 5:30pm Masters Swim-Dave 6:00 Slow Flow-NO CLASS</p>	27	<p>6:15AM Spin - Susan 8AM Yogalates-Anthony 9:15 Body Fit-Lisen 10:45AM Ageless Fit. - John 6:00 Ski Cond.-NO CLASS</p>	28	<p>6:30 Stretching/Adult martial arts 8AM Slow Flow-Shelly 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pilates-Marissa</p>	29
30	31										