

NOVEMBER 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 8pm</p>		<p>6:15-7:00AM Spin - Susan 8AM Yoga-Alya 9:15AM BodyFit-Lisen 10:45AM Ageless Fit. - John 6:00 Ski Conditioning-Lisen</p>	<p>8AM Slow Flow-Shelly 9:30AM Barre Sculpt- No class 10:30AM Aroma Pilates- No Class</p>	
4	5	6	7	8	9	10
<p>5-6:30p Stretch & Restore yoga with Lindsay</p>	<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>	<p>6:15-7:30AM Spin Lab - Judy 8AM Alignment Flow - River 9:15AM BodyFit-No class 10:45AM Ageless Fit. - John 5:00 Soo Bahk Do-Dan 6:00 Ski Conditioning-Lisen</p>	<p>8:00AM Slow Flow - Lisa 9:15AM Fastrac-Suzie 10:20am Tai Chi-John 5:30pm Master Swim-Dave 6:00pm Slow Flow-Shelly</p>	<p>6:15-7:00AM Spin - Susan 8AM Yoga-Lindsay 9:15AM BodyFit-No class 10:45AM Ageless Fit. - John 6:00 Ski Conditioning-Lisen</p>	<p>8AM Slow Flow-Shelly 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pilates- Marissa</p>	
11	12	13	14	15	16	17
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18	19	20	21	22	23	24
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25	26	27	28	29	30	
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