

JANUARY 2019

RVR RANCH HOUSE GROUP FITNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Current Ranch House Hours Mon-Fri 6am to 8pm Sat-Sun 8am to 7pm	31	1	2 8:00AM Slow Flow - Alya 9:15AM Fastrac-Suzie 10:20am Tai Chi-John 5:30-Master Swim-Dave Clark 6PM Slow Flow-Shelly	3 8AM Yogalates-Anthony 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John	4 6:30 Stretching/Adult martial arts 8AM Slow Flow-Shelly 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pilates-Marissa	5	
	6	7 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	8 6:15AM Spin - Judy 8AM Alignment Flow - River 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John 4:30 Soo Bahk Do-Dan	9 8:00AM Slow Flow - Lisa 9:15AM Fastrac-Suzie 10:20am Tai Chi-John 5:30-Master Swim-Dave Clark 6PM Slow Flow-Alya	10 8AM Yogalates-Anthony 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John	11 6:30 Stretching/Adult martial arts 8AM Slow Flow-Shelly 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pilates-Marissa	12
	13 5:00 Stretch&Restore-Lindsay	14 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	15 6:15AM Spin - Judy 8AM Alignment Flow - River 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John 4:30 Soo Bahk Do-Dan	16 8:00AM Slow Flow - Lisa 9:15AM Fastrac-Suzie 10:20am Tai Chi-John 5:30-Master Swim-Dave Clark 6PM Slow Flow-Shelly	17 8AM Yogalates-Anthony 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John	18 6:30 Stretching/Adult martial arts 8AM Slow Flow-Shelly 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pilates-Marissa	19 10-11:30 Integrative motion yoga with Fran Page
	20	21 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	22 6:15AM Spin - Judy 8AM Alignment Flow - River 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John 4:30 Soo Bahk Do-Dan	23 8:00AM Slow Flow - Lisa 9:15AM Fastrac-Suzie 10:20am Tai Chi-John 5:30-Master Swim-Dave Clark 6PM Slow Flow-Shelly	24 8AM Yogalates-Anthony 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John	25 6:30 Stretching/Adult martial arts 8AM Slow Flow-Shelly 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pilates-Marissa	26
	27 5:00 Stretch&Restore-Lindsay	28 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	29 6:15AM Spin - Judy 8AM Alignment Flow - River 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John 4:30 Soo Bahk Do-Dan	30 8:00AM Slow Flow - Lisa 9:15AM Fastrac-Suzie 10:20am Tai Chi-John 5:30-Master Swim-Dave Clark 6PM Slow Flow-Shelly	31 6:15AM Spin - Susan 8AM Yogalates-Anthony 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John		

Ageless Fitness: Get up and go with a class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Alignment Flow: A great basic flow to start your day with a well-rounded yoga practice. (Beg/Int)

Align & Refine: As we and the natural world turn inwards during Fall and Winter in this hour on Monday afternoon we will refine our working knowledge of the poses we practice weekly in the "Rise and Shine" yoga hour and all yoga classes. Knowledge of efficient action and alignment in poses creates more ease and energy, balanced muscle tone whilst flushing the lymph and increasing circulation. This class is for students with a fundamental knowledge of yoga poses and if this is not you please come to Monday Morning to get a knowledge of the basics.

Aroma Pilates: This class unites the power of Pilates with the healing benefits of essential oils. You will leave this workshop feeling stronger, with better alignment, and a general sense of peace and calm.

Barre Sculpt: This is a very dynamic class! This class will combine a warmup with strength training, core/Pilates, stretch/yoga and Barre techniques.

Body Fit: Total body conditioning through cardio, strength, and endurance training. We use steps, circuits, and resistance items like the bands, balls, and dumbbells to improve overall fitness releasing stress.

Fastrac: This class is designed to challenge you. Intervals, strength training and Plyometric exercises will increase your stamina and strength. Be prepared to work hard.

Master Swim: Advanced technique and Stroke Analysis with Dave Clark

Pilates: This class is designed with exercises to enhance postural alignment, coordination, strength and flexibility. The technique uses a systematic approach, which sequences exercises according to their direction of movement.

Rise Up Yoga: This ALL LEVELS class will be a set series for people to develop and work at their own level to develop a calmness of mind, balance in body, clarity of purpose.

Soo Bahk Do Moo Duk Kwan Is the name of the Style

It is a Traditional Korean Martial Art. It focuses on self defense which includes

learning or developing in awareness, forms(a series of movements),release from grabs and defending oneself.

Slow Flow Yoga: Designed to strengthen muscles, improve balance, increase flexibility, and relax the mind, body, and spirit. (Slow Flow=Beg/Int, Advanced Flow=Int/Advanced)

Spin & Indoor Cycling: Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! Come burn calories and increase endurance!

Spin Lab: Will be split into two 35 minutes classes, 6:15-6:50, 6:55-7:30 come to the WHOLE class or DROP-IN as your morning schedule allows! With the weather changing, it's a great way to start your day!

Stretch & Restore Yoga: Half active stretch class into a slow calm restorative for the second half of class

Tai Chi: A gentle form of exercise that yields powerful results. Improved balance and agility, increased strength and stamina and general physical fitness without the usual workout injuries or joint stress

Yogalates: Breath control, balance, simple meditation and alignment applied from progressively basic to more advanced postures. Knock on the door of physical obstructions and limitations. Open it and enter a world of increased performance, informed bodily awareness and proprioception.