

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		