

MARCH 2019 RVR RANCH HOUSE GROUP FITNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Like us on FACEBOOK and visit rvrma.org for more fitness info! Or call 963-6300 with any questions.	<i>All classes are included in HOA dues unless otherwise noted!</i>	Current Ranch House Hours Mon-Fri 6am to 8pm Sat-Sun 8am to 7pm			8:00AM Slow Flow - Shelly 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pil.-Marissa	8:15AM Spin - CANCELED
	3 6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15AM Fastrac-Suzie 10:20AM Tai Chi - CANCEL 4:30-Barre Strength - Alya	4 6:15AM Spin - Judy 8:00AM Align Flow - River 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John 4:30-Soo Bahk Do-Dan	5 8AM Slow Flow yoga - Lisa G 9:15AM Fastrac-Suzie 10:20AM Tai Chi - John 5:30PM Master Swim-Dave 6PM Slow Flow yoga - Shelly	6 6:15AM Spin - Susan 8:00AM Yogalates - Anthony 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John	7 8:00AM Slow Flow - Shelly 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pil.-Marissa	8 8:15AM Spin - John
	10 6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15AM Fastrac-Suzie 10:20AM Tai Chi - John 4:30-Barre Strength - Alya Stretch&Restore 5PM-Lindsay	11 6:15AM Spin - Judy 8:00AM Align Flow - River 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John 4:30-Soo Bahk Do-Dan	12 8 Slow Flow yoga - 9:15AM Fastrac-Suzie 10:20AM Tai Chi - John 5:30PM Master Swim-Dave 6PM Slow Flow yoga - Shelly	13 6:15AM Spin - Susan 8:00AM Yogalates - Anthony 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John	14 8:00AM Slow Flow - Shelly 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pil.-Marissa	15 8:15AM Spin - John
	17 6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15 TAC Pop-Up- Moi Cycling 10:20AM Tai Chi - John 4:30-Barre Strength - Alya 	18 6:15AM Spin - Judy 8:00AM Align Flow - Lisa G 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John 4:30-Soo Bahk Do-Dan	19 8AM Slow Flow yoga - Lisa G 9:15 TAC Pop-Up EPIC 10:20AM Tai Chi - John 5:30PM Master Swim-Dave 6PM Slow Flow - CANCEL	20 6:15AM Spin - Susan 8:00AM Yogalates - CANCEL 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John	21 8:00AM Slow Flow - Alya 9:30AM Barre Sculpt- CANCEL 10:30AM Aroma Pil.- CANCEL	22 8:15AM Spin - John
	24 6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15AM Fastrac-Suzie 10:20AM Tai Chi - John 4:30-Barre Strength - Alya Stretch&Restore 5PM-Lindsay	25 6:15AM Spin - Judy 8:00AM Align Flow - CANCEL 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John Noon-TAC Pop-Up-EPIC 4:30-Soo Bahk Do-Dan	26 8AM Slow Flow - CANCEL 9:15AM Fastrac-Suzie 10:20AM Tai Chi - John 5:30PM Master Swim-Dave 6PM Slow Flow yoga - Alya	27 6:15AM Spin - Judy 8:00AM Yogalates - Anthony 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John	28 8:00AM Slow Flow - Alya 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pil.-Marissa	29 8:15AM Spin - John
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