

OCTOBER 2018 RVR RANCH HOUSE GROUP FITNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15AM Fastrac-Suzie 10AM-water aerobics-Barb 10:20 Tai Chi-John 5:30 Core Power Yoga-Alya	6:15AM Spin - Judy 8AM Alignment Flow - River 9:15AM - Body Fit-Lisen 10:45AM Ageless Fit. - John 4:00PM Fit4Life-Christi	8:00AM Slow Flow - Anthony 9:15AM Fastrac-Suzie 10:00AM Water Aerobics-Barb 10:20am Tai Chi-John	8:00AM Yogalates - Anthony 9:15AM Body Fit-Lisen 10:00AM Water Aerobics-Barb 10:45AM Ageless Fit. - John 4:00PM Fit4Life-Christi 5:30PM Ski conditioning-Lisen	8AM Slow Flow-Shelly 9:30AM Spin-John in conf.room 9:30AM CANCELBarre Sculpt 10:30AM CANCELAroma Pilates		
7	6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15AM Fastrac-Lisen 10:20 Tai Chi-John 5:30 Core Power Yoga-Alya	6:15AM Spin - Judy 8AM Alignment Flow - Shelly 9:15AM - Body Fit-Lisen 10:00AM Water Aerobics-Barb 10:45AM Ageless Fit. - John 4:00PM Fit4Life-Christi	8:00AM Slow Flow - Lisa 9:15AM CANCEL Fastrac-Suzie 10:00AM Water Aerobics-Barb 10:20am Tai Chi-John 5pm Restorative Yoga-Lindsay	8:00AM Yogalates - Anthony 9:15AM CANCEL Body Fit-Lisen 10:45AM Ageless Fit. - John 4:00PM Fit4Life-Christi 5:30PM CANCEL Ski conditioning	8AM Slow Flow-Shelly 9:30AM Spin-John in conf.room 9:30AM Barre Sculpt-Marissa 10:00AM Water Aerobics-Barb 10:30AM Aroma Pilates-Marissa	13	
14	6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15AM Fastrac-Lisen 10AM-water aerobics-Barb 10:20 Tai Chi-John 5:30 Core Power Yoga-Alya	6:15AM Spin - Judy 8AM Alignment Flow - River 9:15AM - Body Fit-Lisen 10:45AM Ageless Fit. - John 4:00PM Fit4Life-Christi	8:00AM Slow Flow - Lisa 9:15AM Fastrac-Suzie 10:00AM Water Aerobics-Barb 10:20am Tai Chi-John	8:00AM Yogalates - Anthony 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John 4:00PM Fit4Life-Christi 5:30PM Ski conditioning-Lisen	8AM Slow Flow-Shelly 9:30AM Spin-John in conf.room 9:30AM Barre Sculpt-Marissa 10:00AM Water Aerobics-Barb 10:30AM Aroma Pilates-Marissa	20	
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28	6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15AM Fastrac-Suzie 10:20 Tai Chi-John 5:30 Core Power Yoga-Alya	6:15AM Spin - Judy 8AM Alignment Flow - River 9:15AM - Body Fit-Lisen 10:45AM Ageless Fit. - John 4:00PM Fit4Life-Christi	8:00AM Slow Flow - Lisa 9:15AM Fastrac-Suzie 10:20am Tai Chi-John	8:00AM Slow Flow - Lisa 9:15AM Fastrac-Suzie 10:20am Tai Chi-John	Like us on FACEBOOK and visit rvrma.org for more fitness info! Or call 963-6300 with any questions.	All classes are included in HOA dues unless otherwise noted!	Current Ranch House Hours Mon-Fri 6am to 8pm Sat-Sun 8am to 8pm

