




JANUARY 2019 CLASSES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 In case of inclement weather, closings will be announced on WRAR 105.5, WNNT 107.5 and on our River Fitness Facebook page!			2 <u>9:30AM-12:30 PICKLEBALL</u> <u>10:30-11:30AM VICKIE STRETCH & STRENGTH</u> <u>5:30-6:30PM JOJO STRETCH & STRENGTH</u> <u>6:00-7PM WANDA ZUMBA STEP</u> <u>6:00PM-6:30 CLAIRE POWER ABS</u> <u>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</u>	3 <u>5:30PM-6:30 ALICE ZUMBA!</u>	4 <u>10:30-11:30AM VICKIE STRETCH & STRENGTH</u>	5 <u>9:00am-10:00 ALICE ZUMBA!</u>
6 <u>1:00-3:00 PM PICKLEBALL! (bb court)</u>	7 <u>10:30-11:30AM DORIE STRETCH & STRENGTH</u> <u>5:30-6:30 PM ALICE ZUMBA! (BB Court)</u> <u>5:30PM-6:30PM JOJO STRETCH & STRENGTH</u> <u>6:00PM-6:30 CLAIRE POWER ABS</u> <u>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</u>	8 <u>10:30AM-11:30 DORIE CHAIR YOGA!</u> <u>6:00PM-6:45 WANDA ZUMBA!</u>	9 <u>9:30AM-12:30 PICKLEBALL</u> <u>10:30-11:30AM DORIE STRETCH & STRENGTH</u> <u>5:30-6:30PM JOJO STRETCH & STRENGTH</u> <u>6:00-7PM WANDA ZUMBA STEP</u> <u>6:00PM-6:30 CLAIRE POWER ABS</u> <u>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</u> <u>8:00-9:00PM JAY TAE KWON DO-WK 1</u>	10 <u>10:30AM-11:30 DORIE CHAIR YOGA!</u> <u>5:30PM-6:30 ALICE ZUMBA!</u>	11 <u>10:30-11:30AM VICKIE STRETCH & STRENGTH</u>	12 <u>9:00am-10:00 ALICE ZUMBA!</u>
13 <u>1:00-3:00 PM PICKLEBALL! (bb court)</u>	14 <u>10:30-11:30AM DORIE STRETCH & STRENGTH</u> <u>5:30-6:30 PM ALICE ZUMBA! (BB Court)</u> <u>5:30PM-6:30PM JOJO STRETCH & STRENGTH</u> <u>6:00PM-6:30 CLAIRE POWER ABS</u> <u>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</u>	15 <u>10:30AM-11:30 DORIE CHAIR YOGA!</u> <u>6:00PM-6:45 WANDA ZUMBA!</u>	16 <u>9:30AM-12:30 PICKLEBALL</u> <u>10:30-11:30AM DORIE STRETCH & STRENGTH</u> <u>5:30-6:30PM JOJO STRETCH & STRENGTH</u> <u>6:00-7PM WANDA ZUMBA STEP</u> <u>6:00PM-6:30 CLAIRE POWER ABS</u> <u>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</u> <u>8:00-9:00PM JAY TAE KWON DO-WK 2</u>	17 <u>10:30AM-11:30 DORIE CHAIR YOGA!</u> <u>5:30PM-6:30 ALICE ZUMBA!</u>	18 <u>10:30-11:30AM VICKIE STRETCH & STRENGTH</u>	19 <u>9:00am-10:00 ALICE ZUMBA!</u>
20 <u>1:00-3:00 PM PICKLEBALL! (bb court)</u>	21 <u>10:30-11:30AM DORIE STRETCH & STRENGTH</u> <u>5:30-6:30 PM ALICE ZUMBA! (BB Court)</u> <u>5:30PM-6:30PM JOJO STRETCH & STRENGTH</u> <u>6:00PM-6:30 CLAIRE POWER ABS</u> <u>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</u>	22 <u>10:30AM-11:30 DORIE CHAIR YOGA!</u> <u>6:00PM-6:45 WANDA ZUMBA!</u>	23 <u>9:30AM-12:30 PICKLEBALL</u> <u>10:30-11:30AM DORIE STRETCH & STRENGTH</u> <u>5:30-6:30PM JOJO STRETCH & STRENGTH</u> <u>6:00-7PM WANDA ZUMBA STEP</u> <u>6:00PM-6:30 CLAIRE POWER ABS</u> <u>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</u> <u>8:00-9:00PM JAY TAE KWON DO-WK 3</u>	24 <u>10:30AM-11:30 DORIE CHAIR YOGA!</u> <u>5:30PM-6:30 ALICE ZUMBA!</u>	25 <u>10:30-11:30AM VICKIE STRETCH & STRENGTH</u>	26 <u>9:00am-10:00 ALICE ZUMBA!</u>
27 <u>1:00-3:00 PM PICKLEBALL! (bb court)</u>	28 <u>10:30-11:30AM DORIE STRETCH & STRENGTH</u> <u>5:30-6:30 PM ALICE ZUMBA! (BB Court)</u> <u>5:30PM-6:30PM JOJO STRETCH & STRENGTH</u> <u>6:00PM-6:30 CLAIRE POWER ABS</u> <u>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</u>	29 <u>10:30AM-11:30 DORIE CHAIR YOGA!</u> <u>6:00PM-6:45 WANDA ZUMBA!</u>	30 <u>9:30AM-12:30 PICKLEBALL</u> <u>10:30-11:30AM DORIE STRETCH & STRENGTH</u> <u>5:30-6:30PM JOJO STRETCH & STRENGTH</u> <u>6:00-7PM WANDA ZUMBA STEP</u> <u>6:00PM-6:30 CLAIRE POWER ABS</u> <u>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</u> <u>8:00-9:00PM JAY TAE KWON DO-WK 4</u>	31 <u>10:30AM-11:30 DORIE CHAIR YOGA!</u> <u>5:30PM-6:30 ALICE ZUMBA!</u>	Please do not join a class after it has started. Proper warm up and cool down is essential for safe exercising! Photography or videography of any person other than yourself is strictly prohibited without their expressed or written permission! Please note: talking on a phone is not allowed in the Fitness area or in the locker rooms! Should you need to talk on your phone, please use the lobby. Phones should be on silent. Music on a phone cannot be on speaker, please use headphones. 	



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