



NOVEMBER 2020

River Fitness, 1025 Hobbs Hole Dr., Tappahannock, VA 22560 (804) 443-0500 www.riverfitnesscenter.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:30-10AM PICKLEBALL 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 5:15-5:45PM SHANNON P H I T (studio) 5:45-6:15PM SHANNON M M A (studio) 5:30-6:00PM CLAIRE POWER ABS (Conf. Rm C) 6:00-7PM CLAIRE KETTLEBELL TRAINING (Rm C)	3 6:00PM-6:45 WANDA ZUMBA! (Conf Rm A&B)	4 9:30AM-12:30 PICKLEBALL 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> NO CLASSTODAY-FIT & STRONG 6:00-7PM WANDA <u>LINE DANCING (Conf Rm A&B)</u> 5:30-6PM CLAIRE POWER ABS (Conf. Rm C) 6:00-7PM CLAIRE KETTLEBELL TRAINING (Rm C)	5 5:00PM-5:30 SHANNON HOLLYJOLLY SPIN (court) 5:30PM-6:30 ALICE ZUMBA! (Rm A&B) 5:30-6:15PM SHANNON BURN (studio)	6 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 5:00-5:45PM KAREN <u>FIT & STRONG (studio)</u>	7 9:00-9:45AM ZUMBA! w/ALICE (Rm A&B) 9-9:30AM SHANNON HOLLYJOLLY SPIN
8	9 8:30-10AM PICKLEBALL 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 5:15-5:45PM SHANNON P H I T (studio) 5:45-6:15PM SHANNON M M A (studio) 5:30-6:00PM CLAIRE POWER ABS (Conf. Rm C) 6:00-7PM CLAIRE KETTLEBELL TRAINING (Rm C)	10 6:00PM-6:45 WANDA ZUMBA! (Conf Rm A&B)	11 9:30AM-12:30 PICKLEBALL 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 5:00-6:00PM KAREN FIT & STRONG (studio) 6:00-7PM WANDA <u>LINE DANCING (Conf Rm A&B)</u> 5:30-6PM CLAIRE POWER ABS (Conf. Rm C) 6:00-7PM CLAIRE KETTLEBELL TRAINING (Rm C)	12 5:00PM-5:30 SHANNON HOLLYJOLLY SPIN (court) 5:30PM-6:30 ALICE ZUMBA! (Rm A&B) 5:30-6:15PM SHANNON BURN (studio)	13 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 5:00-5:45PM KAREN <u>FIT & STRONG (studio)</u>	14 9:00-9:45AM ZUMBA! w/ALICE (Rm A&B) 9-9:30AM SHANNON HOLLYJOLLY SPIN
15	16 8:30-10AM PICKLEBALL 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 5:15-5:45PM SHANNON P H I T (studio) 5:45-6:15PM SHANNON M M A (studio) 5:30-6:00PM CLAIRE POWER ABS (Conf. Rm C) 6:00-7PM CLAIRE KETTLEBELL TRAINING (Rm C)	17 6:00PM-6:45 WANDA ZUMBA! (Conf Rm A&B)	18 9:30AM-12:30 PICKLEBALL 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 5:00-6:00PM KAREN FIT & STRONG (studio) 6:00-7PM WANDA <u>LINE DANCING (Conf Rm A&B)</u> 5:30-6PM CLAIRE POWER ABS (Conf. Rm C) 6:00-7PM CLAIRE KETTLEBELL TRAINING (Rm C)	19 5:00PM-5:30 SHANNON HOLLYJOLLY SPIN (court) 5:30PM-6:30 ALICE ZUMBA! (Rm A&B) 5:30-6:15PM SHANNON BURN (studio)	20 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 5:00-5:45PM KAREN <u>FIT & STRONG (studio)</u>	21 NO ZUMBA TODAY
22	23 8:30-10AM PICKLEBALL 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 5:15-5:45PM SHANNON P H I T (studio) 5:45-6:15PM SHANNON M M A (studio) 5:30-6:00PM CLAIRE POWER ABS (Conf. Rm C) 6:00-7PM CLAIRE KETTLEBELL TRAINING (Rm C)	24 6:00PM-6:45 WANDA ZUMBA! (Conf Rm A&B)	25 CLOSING AT 7PM TONIGHT! 9:30AM-12:30 PICKLEBALL 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 5:00-6:00PM KAREN FIT & STRONG (studio) NO LINE DANCING TONIGHT 5:30-6PM CLAIRE POWER ABS (Conf. Rm C) 6:00-7PM CLAIRE KETTLEBELL TRAINING (Rm C)	CLOSED TODAY! 	27 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 5:00-5:45PM KAREN <u>FIT & STRONG (studio)</u>	28 9:00-9:45AM ZUMBA! w/ALICE (Rm A&B)
29	30 8:30-10AM PICKLEBALL 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 5:15-5:45PM SHANNON P H I T (studio) 5:45-6:15PM SHANNON M M A (studio) 5:30-6:00PM CLAIRE POWER ABS (Conf. Rm C) 6:00-7PM CLAIRE KETTLEBELL TRAINING (Rm C)		Want classes on your schedule? Ask about our free program <i>FITNESS ON DEMAND!</i> In both the Fitness & Spin Studios and on your phone! Access 100's of workouts for free!	Sign up for classes using SignUpGenius! Download the free app on your phone to sign up for all your monthly classes! Click on 'Search for a sign up', enter our email address: info@riverfitnesscenter.com . Then click on each class you want to take, scroll to the bottom and click 'Submit & Sign Up'.		

Info: Please do not join a class after it has started! Proper warm up and cool down is essential for safe exercising!~Arrive at FIT&STRONG class 5 minutes early for set up
~Photography or videography of any person other than yourself is strictly prohibited without their expressed or written permission!
~Should you need to talk on your phone, please use the lobby. Talking on a phone is not allowed in the Fitness Area or Locker Rooms.
~Phones should be on silent. Music on a phone cannot be on speaker mode, please use headphones!

COVID-19 INFO:

- If you have symptoms of illness or Covid19 such as fever, cough, shortness of breath, chills, sore throat, or new muscle aches that cannot be attributed to another health condition, do not enter the facility.
- Face coverings must be worn in all areas of the facility, EXCEPT when working out in the Fitness Area, Studio, or Conference Rooms.
- You must complete a COVID-19 Symptom Screening Checklist each time you come to River Fitness.
- As much as possible, you must maintain a distance of 10 feet from others. This does not apply to members of your own household. Spotting weights, basketball games, etc. with someone who is not a member of your household is not allowed.
- Showers in the locker rooms are not available at this time.
- You must use the provided sanitizer and paper towels to clean all equipment you have used, touched or perspired on!**
- Bring Your Own Fitness/Yoga Mat! River Fitness mats are not available at this time.