

# LAND CLASSES-DECEMBER 2017



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

# NOVEMBER 2017 LAND CLASSES

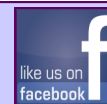
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>HOLIDAY SCHEDULE:</b>                      Christmas Eve—closed                      Christmas Day—closed                      New Years Eve—open 10-4                      New Years Day—closed</p>					1 4:00PM-5:30 KELLY YOGA!	2 9:00am-10:00 WANDA ZUMBA!
3 1:00-3:00PM PICKLEBALL! (bb court)	4 5:30—6:30PM ALICE ZUMBA (BBcourt) 6:00PM—6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE CIRCUIT TRAINING	5 6:00AM-7 TANYA *STRONG MORNINGS 6:00PM-6:45 WANDA ZUMBA! 6:30PM-7:00 RACHEL *STRONG NIGHTS	6 9:30AM-12:30 PICKLEBALL! 6:00PM-6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE KICKBOXING 7:00PM-8 **TAE KWON DO WEEK 2 (Racquet Ball Court)	7 6:00AM-7 TANYA *STRONG MORNINGS 5:30PM-6:30 ALICE ZUMBA! 6:30PM-7:00 RACHEL *STRONG NIGHTS	8 4:00PM-5:30 KELLY YOGA!	9 9:00am-10:00 ALICE ZUMBA!
10 1:00-3:00PM PICKLEBALL! (bb court)	11 5:30—6:30PM ALICE ZUMBA (BBcourt) 6:00PM—6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE CIRCUIT TRAINING	12 6:00AM-7 TANYA *STRONG MORNINGS 6:00PM-6:45 WANDA ZUMBA! 6:30PM-7:00 RACHEL *STRONG NIGHTS	13 9:30AM-12:30 PICKLEBALL! 6:00PM-6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE KICKBOXING 7:00PM-8 **TAE KWON DO WEEK 3 (Racquet Ball Court)	14 6:00AM-7 TANYA *STRONG MORNINGS 5:30PM-6:30 ALICE ZUMBA! 6:30PM-7:00 RACHEL *STRONG NIGHTS	15 4:00PM-5:30 KELLY YOGA!	16 9:00am-10:00 ALICE ZUMBA!
17 1:00-3:00PM PICKLEBALL! (bb court)	18 5:30—6:30PM ALICE ZUMBA (BBcourt) 6:00PM—6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE CIRCUIT TRAINING	19 6:00AM-7 TANYA *STRONG MORNINGS 6:00PM-6:45 WANDA ZUMBA! 6:30PM-7:00 RACHEL *STRONG NIGHTS	20 9:30AM-12:30 PICKLEBALL! 6:00PM-6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE KICKBOXING 7:00PM-8 **TAE KWON DO WEEK 4 (Racquet Ball Court)	21 6:00AM-7 TANYA *STRONG MORNINGS 5:30PM-6:30 ALICE ZUMBA! 6:30PM-7:00 RACHEL *STRONG NIGHTS	22 4:00PM-5:30 KELLY YOGA!	23 9:00am-10:00 ALICE ZUMBA!
24  31 1:00-3:00PM PICKLEBALL! (bb court)	Merry Christmas	26 6:00AM-7 TANYA *STRONG MORNINGS 6:00PM-6:45 WANDA ZUMBA! STRONG NIGHTS - cancelled tonight!	27 9:30AM-12:30 PICKLEBALL! 6:00PM-6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE KICKBOXING 7:00PM-8 **TAE KWON DO WEEK 5 (Racquet Ball Court)	28 6:00AM-7 TANYA *STRONG MORNINGS 5:30PM-6:30 ALICE ZUMBA! STRONG NIGHTS - cancelled tonight	29 4:00PM-5:30 KELLY YOGA!	30 9:00am-10:00 ALICE ZUMBA!

Please do not join a class after it has started. Proper warm up and cool down is essential for safe exercising!

\*\*Tae Kwon Do has an additional fee-register at the Front Desk!

\*STRONG class size is limited-register in advance. Please arrive 15 minutes prior to STRONG CLASS for set up. Late arrivals will not be allowed entry in studio.

Photography or videography of any person other than yourself is strictly prohibited without their expressed or written permission!



**STRONG MORNINGS**  
6-7am  
TUESDAYS & THURSDAYS

**YOGA**  
FRIDAYS 4:00-5:30PM

**POWER ABS**  
WITH CLAIRE EVANS  
Mondays & Wednesdays  
6:00-6:30pm

**CIRCUIT TRAINING**  
WITH CLAIRE EVANS  
FULL BODY, FAST-PACED WORKOUT  
GREAT FOR BUILDING STRENGTH & STAMINA  
Mondays 6:30-7:30pm

**STRONG AT NIGHT**  
6:30-7:30PM  
TUESDAYS & THURSDAYS  
SIGN UP AT FRONT DESK

**WEDNESDAYS 9:00-12:30PM**  
PICKLEBALL  
SUNDAYS 1:00-3:00PM

**JAY STRAUGHAN TAE KWON DO**  
WEDNESDAYS 7-8PM  
DISCOUNT FOR MEMBERS!

**KICKBOXING WITH CLAIRE**  
FLOAT LIKE A BUTTERFLY, STING LIKE A BEE  
Wednesdays 6:30-7:30pm

**ZUMBA fitness JOIN THE FUN!**  
MONDAY 5:30pm - 6:30  
TUESDAY 6:00pm - 6:15  
THURSDAY 5:30pm - 6:30  
SATURDAY 9:00am - 10:00