


# AQUATICS CLASSES-DECEMBER 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>HOLIDAY SCHEDULE:</b> Christmas Eve—closed Christmas Day—closed New Years Eve—open 10-4 New Years Day—closed					1 10:30AM-11:30 RACHEL AQUA ENDURANCE	2
3	4 10:30am-11:30 TANYA AQUA ENDURANCE 5:30PM-6:30 JOJO AQUA ENDURANCE	5 10:30am-11:30 TANYA YOQUA	6 10:30AM-11:30 DORIE AQUA FIT 5:30PM-6:30 JOJO AQUA ENDURANCE	7 10:30am-11:30 TANYA YOQUA 5:30PM-6:30 JOJO AQUA FIT	8 10:30AM-11:30 RACHEL AQUA ENDURANCE	9
10	11 10:30am-11:30 TANYA AQUA ENDURANCE 5:30PM-6:30 JOJO AQUA ENDURANCE	12 10:30am-11:30 TANYA YOQUA	13 10:30AM-11:30 DORIE AQUA FIT 5:30PM-6:30 JOJO AQUA ENDURANCE	14 10:30am-11:30 TANYA YOQUA 5:30PM-6:30 JOJO AQUA FIT	15 10:30AM-11:30 RACHEL AQUA ENDURANCE	16
17	18 10:30am-11:30 TANYA AQUA ENDURANCE 5:30PM-6:30 DENISE AQUA ENDURANCE	19 10:30am-11:30 TANYA YOQUA	20 10:30AM-11:30 DORIE AQUA FIT 5:30PM-6:30 JOJO AQUA ENDURANCE	21 10:30am-11:30 TANYA YOQUA 5:30PM-6:30 JOJO AQUA FIT	22 10:30AM-11:30 RACHEL AQUA ENDURANCE	23
24 31 	26 10:30am-11:30 TANYA YOQUA	27 10:30AM-11:30 DORIE AQUA FIT 5:30PM-6:30 JOJO AQUA ENDURANCE	28 10:30am-11:30 TANYA YOQUA 5:30PM-6:30 JOJO AQUA FIT	29 10:30AM-11:30 RACHEL AQUA ENDURANCE	30	

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

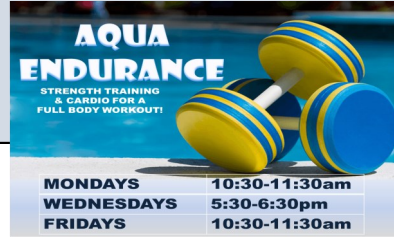
# DECEMBER 2017 WATER CLASSES

**NOTES:** During thunder or lightning, the aquatics area will close until 30 minutes after the last thunder is heard. Call for updates! ~Please do not join a class that has been in progress for more than 5 minutes!! ~ Remember proper warm up and cool down is essential for safe exercising! ~ Pool is closed during class times except for class participants & lap swimmers using the lap lanes. ~ Classes with 18+ students, only 1 lap lane will remain open. ~ Photography or videography of any person other than yourself is strictly prohibited with their expressed or written permission!

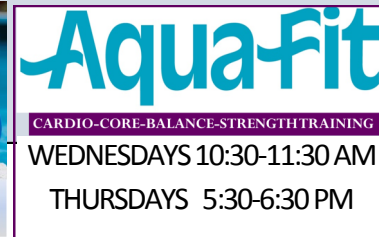
St. Margaret's Swim Team will practice Monday—Friday from 6:30-7:45am until Dec.22. They will use all lap lanes. Lanes will not be available for members. Other areas of the pool, sauna and Jacuzzi are open to all members during swim team time!



**Yoqua**  
Where Yoga Meets Water  
Tuesdays & Thursdays  
10:30-11:30am



**AQUA ENDURANCE**  
STRENGTH TRAINING & CARDIO FOR A FULL BODY WORKOUT!  
MONDAYS 10:30-11:30am  
WEDNESDAYS 5:30-6:30pm  
FRIDAYS 10:30-11:30am



**Aqua-fit**  
CARDIO-CORE-BALANCE-STRENGTH TRAINING  
WEDNESDAYS 10:30-11:30 AM  
THURSDAYS 5:30-6:30 PM

