


MARCH 2019 CLASSES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 In case of inclement weather, closings and changes in hours will be announced on WRAR 105.5, WNNT 107.5 and on our River Fitness Facebook page!		*Please do not join a class after it has started! Proper warm up and cool down is essential for safe exercising! -Arrive at STRONG class 10 minutes early to allow 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. * SPIN CLASS SIGN UP BEGINS 24 HOURS BEFORE CLASS-CALL 443-0500			1 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u>	2 9:00am-10:00 ALICE ZUMBA!
3 1:00-3:00 PM PICKLEBALL! (bb court)	4 8:30-10AM PICKLEBALL <u>10:30-11:30AM VICKIE</u> <u>STRETCH & STRENGTH</u> 5:30-6:30 PM ALICE <u>ZUMBA! (BB Court)</u> 5:00-6:00PM KAREN <u>STRONG</u> 5:30-6:30PM JOJO <u>STRETCH & STRENGTH</u> 6:00PM-6:30 CLAIRE <u>POWER ABS</u> 6:30PM-7:30 CLAIRE <u>CIRCUIT TRAINING</u>	5 10:30AM-11:30 DORIE <u>CHAIR YOGA!</u> 5:30-6:30PM JOJO <u>STRETCH & STRENGTH</u> 6:00PM-6:45 WANDA <u>ZUMBA!</u>	6 9:30AM-12:30 PICKLEBALL <u>10:30-11:30AM DORIE</u> <u>STRETCH & STRENGTH</u> 5:00-6:00 PM KAREN <u>STRONG</u> 5:30-6:30PM JOJO <u>STRETCH & STRENGTH</u> 6:00-7PM WANDA <u>ZUMBA STEP</u> 6:00PM-6:30 CLAIRE <u>POWER ABS</u> 6:30PM-7:30 CLAIRE <u>CIRCUIT TRAINING</u>	7 10:30AM-11:30 DORIE <u>CHAIR YOGA!</u> 5:30PM-6:30 ALICE <u>ZUMBA!</u>	8 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u>	9 9:00am-10:00 ALICE ZUMBA!
10 1:00-3:00 PM PICKLEBALL! (bb court)	11 8:30-10AM PICKLEBALL <u>10:30-11:30AM VICKIE</u> <u>STRETCH & STRENGTH</u> 5:30-6:30 PM ALICE <u>ZUMBA! (BB Court)</u> 5:00-6:00 PM KAREN <u>STRONG</u> 5:30-6:30PM JOJO <u>STRETCH & STRENGTH</u> 6:00PM-6:30 CLAIRE <u>POWER ABS</u> 6:30PM-7:30 CLAIRE <u>CIRCUIT TRAINING</u>	12 10:30AM-11:30 DORIE <u>CHAIR YOGA!</u> 5:00-5:30PM QUENTON <u>*SPIN CLASS!</u> 5:30-6:30PM JOJO <u>STRETCH & STRENGTH</u> 6:00PM-6:45 WANDA <u>ZUMBA!</u>	13 9:30AM-12:30 PICKLEBALL <u>10:30-11:30AM DORIE</u> <u>STRETCH & STRENGTH</u> 5:00-6:00PM KAREN <u>STRONG</u> 5:30-6:30PM JOJO <u>STRETCH & STRENGTH</u> 6:00-7PM WANDA <u>ZUMBA STEP</u> 6:00PM-6:30 CLAIRE <u>POWER ABS</u> 6:30PM-7:30 CLAIRE <u>CIRCUIT TRAINING</u>	14 10:30AM-11:30 DORIE <u>CHAIR YOGA!</u> 5:30PM-6:30 ALICE <u>ZUMBA!</u>	15 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u>	16 9:00am-10:00 ALICE ZUMBA!
17 1:00-3:00 PM PICKLEBALL! (bb court)	18 8:30-10AM PICKLEBALL <u>10:30-11:30AM VICKIE</u> <u>STRETCH & STRENGTH</u> 5:30-6:30 PM ALICE <u>ZUMBA! (BB Court)</u> 5:00-6:00PM KAREN <u>STRONG</u> 5:30-6:30PM JOJO <u>STRETCH & STRENGTH</u> 6:00PM-6:30 CLAIRE <u>POWER ABS</u> 6:30PM-7:30 CLAIRE <u>CIRCUIT TRAINING</u>	19 10:30AM-11:30 DORIE <u>CHAIR YOGA!</u> 5:00-5:30PM QUENTON <u>*SPIN CLASS!</u> 5:30-6:30PM JOJO <u>STRETCH & STRENGTH</u> 6:00PM-6:45 WANDA <u>ZUMBA!</u>	20 9:30AM-12:30 PICKLEBALL <u>10:30-11:30AM DORIE</u> <u>STRETCH & STRENGTH</u> 5:00-6:00PM KAREN <u>STRONG</u> 5:30-6:30PM JOJO <u>STRETCH & STRENGTH</u> 6:00-7PM WANDA <u>ZUMBA STEP</u> 6:00PM-6:30 CLAIRE <u>POWER ABS</u> 6:30PM-7:30 CLAIRE <u>CIRCUIT TRAINING</u> 8:00-9:00PM TAE KWON DO-WK 1	21 10:30AM-11:30 DORIE <u>CHAIR YOGA!</u> 5:30PM-6:30 ALICE <u>ZUMBA!</u>	22 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u>	23 9:00am-10:00 ALICE ZUMBA!
24 1:00-3:00 PM PICKLEBALL! (bb court)	25 8:30-10AM PICKLEBALL <u>10:30-11:30AM VICKIE</u> <u>STRETCH & STRENGTH</u> 5:30-6:30 PM ALICE <u>ZUMBA! (BB Court)</u> 5:00-6:00PM KAREN <u>STRONG</u> 5:30-6:30PM JOJO <u>STRETCH & STRENGTH</u> 6:00PM-6:30 CLAIRE <u>POWER ABS</u> 6:30PM-7:30 CLAIRE <u>CIRCUIT TRAINING</u>	26 10:30AM-11:30 DORIE <u>CHAIR YOGA!</u> 5:00-5:30PM QUENTON <u>*SPIN CLASS!</u> 5:30-6:30PM JOJO <u>STRETCH & STRENGTH</u> 6:00PM-6:45 WANDA <u>ZUMBA!</u>	27 9:30AM-12:30 PICKLEBALL <u>10:30-11:30AM DORIE</u> <u>STRETCH & STRENGTH</u> 5:00-6:00PM KAREN <u>STRONG</u> 5:30-6:30PM JOJO <u>STRETCH & STRENGTH</u> 6:00-7PM WANDA <u>ZUMBA STEP</u> 6:00PM-6:30 CLAIRE <u>POWER ABS</u> 6:30PM-7:30 CLAIRE <u>CIRCUIT TRAINING</u> 8:00-9:00PM TAE KWON DO-WK 2	28 10:30AM-11:30 DORIE <u>CHAIR YOGA!</u> 5:30PM-6:30 ALICE <u>ZUMBA!</u>	29 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u>	30 9:00am-10:00 ALICE ZUMBA!



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