



March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<p>2 8:30-10AM PICKLEBALL</p> <p>10:30-11:30AM VICKIE STRETCH & STRENGTH</p> <p>5:00-6:00PM RACHEL STRONG</p> <p>5:30-6:00PM SHANNON PHIIIT (racquetball court)</p> <p>5:30-6:30PM ALICE ZUMBA! (BB Court)</p> <p>5:30-6:30PM JOJO STRETCH & STRENGTH</p> <p>6:00-6:30PM SHANNON BARRE BEATS (studio)</p> <p>6:00-6:45PM KIM *SPIN CLASS!</p> <p>6:30-7:00PM CLAIRE POWER ABS</p> <p>7:00-7:30PM CLAIRE CIRCUIT TRAINING</p>	<p>3 10:30AM-11:30 RACHEL STRETCH & STRENGTH</p> <p>5:00-5:30PM QUENTON *SPIN CLASS!</p> <p>5:30-6:30PM JOJO STRETCH & STRENGTH</p> <p>6:00PM-6:45 WANDA ZUMBA! (BB Court)</p>	<p>4 9:30AM-12:30 PICKLEBALL</p> <p>10:30-11:30AM VICKIE STRETCH & STRENGTH</p> <p>5:00-6:00PM KAREN STRONG</p> <p>5:30-6:30PM JOJO STRETCH & STRENGTH-RM C</p> <p>6:00-7PM WANDA LINE DANCING (BB Court)</p> <p>6:00PM-6:30 CLAIRE POWER ABS</p> <p>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p> <p>7:00-8:00PM *TAE KWON DO- WK 8</p>	<p>5 10:30AM-11:30 RACHEL STRETCH & STRENGTH</p> <p>5:00PM-5:45 KIM *SPIN CLASS!</p> <p>5:30PM-6:00 SHANNON BURN</p> <p>6:00PM-6:30 SHANNON BARRE BEATS</p> <p>5:30PM-6:30 ALICE ZUMBA! (BB Court)</p>	<p>6 10:30-11:30AM VICKIE STRETCH & STRENGTH</p> <p>5:00-5:45PM KAREN STRONG</p>	<p>7 9:00am-10:00 ALICE ZUMBA! (studio)</p> <p>9:15am-10 SHANNON *SPIN CLASS!</p>
8	<p>9 8:30-10AM PICKLEBALL</p> <p>10:30-11:30AM VICKIE STRETCH & STRENGTH</p> <p>5:00-6:00PM RACHEL STRONG</p> <p>5:30-6:00PM SHANNON PHIIIT (racquetball court)</p> <p>5:30-6:30PM ALICE ZUMBA! (BB Court)</p> <p>5:30-6:30PM JOJO STRETCH & STRENGTH</p> <p>6:00-6:30PM SHANNON BARRE BEATS (studio)</p> <p>6:00-6:45PM KIM *SPIN CLASS!</p> <p>6:30-7:00PM CLAIRE POWER ABS</p> <p>7:00-7:30PM CLAIRE CIRCUIT TRAINING</p>	<p>10 10:30AM-11:30 DORIE STRETCH & STRENGTH</p> <p>5:00-5:30PM QUENTON *SPIN CLASS!</p> <p>5:30-6:30PM JOJO STRETCH & STRENGTH</p> <p>6:00PM-6:45 WANDA ZUMBA! (BB Court)</p>	<p>11 9:30AM-12:30 PICKLEBALL</p> <p>10:30-11:30AM DORIE STRETCH & STRENGTH</p> <p>5:00-6:00PM RACHEL STRONG</p> <p>5:30-6:30PM JOJO STRETCH & STRENGTH-RM C</p> <p>6:00-7PM WANDA LINE DANCING (BB Court)</p> <p>6:00PM-6:30 CLAIRE POWER ABS</p> <p>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p>	<p>12 10:30AM-11:30 DORIE STRETCH & STRENGTH</p> <p>5:00PM-5:45 KIM *SPIN CLASS!</p> <p>5:30PM-6:00 SHANNON BURN</p> <p>6:00PM-6:30 SHANNON BARRE BEATS</p> <p>5:30PM-6:30 ALICE ZUMBA! (BB Court)</p>	<p>13 10:30-11:30AM VICKIE STRETCH & STRENGTH</p> <p>5:00-5:45PM KAREN STRONG</p>	<p>14 9:00am-10:00 ALICE ZUMBA! (studio)</p> <p>9:15am-10 SHANNON *SPIN CLASS!</p>
15	<p>16 8:30-10AM PICKLEBALL</p> <p>10:30-11:30AM VICKIE STRETCH & STRENGTH</p> <p>5:00-6:00PM RACHEL STRONG</p> <p>5:30-6:00PM SHANNON PHIIIT (racquetball court)</p> <p>5:30-6:30PM ALICE ZUMBA! (BB Court)</p> <p>5:30-6:30PM JOJO STRETCH & STRENGTH</p> <p>6:00-6:30PM SHANNON BARRE BEATS (studio)</p> <p>6:00-6:45PM KIM *SPIN CLASS!</p> <p>6:30-7:00PM CLAIRE POWER ABS</p> <p>7:00-7:30PM CLAIRE CIRCUIT TRAINING</p>	<p>17 10:30AM-11:30 DORIE STRETCH & STRENGTH</p> <p>5:00-5:30PM QUENTON *SPIN CLASS!</p> <p>5:30-6:30PM JOJO STRETCH & STRENGTH</p> <p>6:00PM-6:45 WANDA ZUMBA! (BB Court)</p>	<p>18 9:30AM-12:30 PICKLEBALL</p> <p>10:30-11:30AM DORIE STRETCH & STRENGTH</p> <p>5:00-6:00PM KAREN STRONG</p> <p>5:30-6:30PM JOJO STRETCH & STRENGTH-RM C</p> <p>6:00-7PM WANDA LINE DANCING (BB Court)</p> <p>6:00PM-6:30 CLAIRE POWER ABS</p> <p>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p>	<p>19 10:30AM-11:30 DORIE STRETCH & STRENGTH</p> <p>5:00PM-5:45 KIM *SPIN CLASS!</p> <p>5:30PM-6:00 SHANNON BURN</p> <p>6:00PM-6:30 SHANNON BARRE BEATS</p> <p>5:30PM-6:30 ALICE ZUMBA! (BB Court)</p>	<p>20 10:30-11:30AM VICKIE STRETCH & STRENGTH</p> <p>5:00-5:45PM KAREN STRONG</p>	<p>21 9:00am-10:00 ALICE ZUMBA! (studio)</p> <p>9:15am-10 SHANNON *SPIN CLASS!</p>
22	<p>23 8:30-10AM PICKLEBALL</p> <p>10:30-11:30AM VICKIE STRETCH & STRENGTH</p> <p>5:00-6:00PM RACHEL STRONG</p> <p>5:30-6:00PM SHANNON PHIIIT (racquetball court)</p> <p>5:30-6:30PM ALICE ZUMBA! (BB Court)</p> <p>5:30-6:30PM JOJO STRETCH & STRENGTH</p> <p>6:00-6:30PM SHANNON BARRE BEATS (studio)</p> <p>6:00-6:45PM KIM *SPIN CLASS!</p> <p>6:30-7:00PM CLAIRE POWER ABS</p> <p>7:00-7:30PM CLAIRE CIRCUIT TRAINING</p>	<p>24 10:30AM-11:30 DORIE STRETCH & STRENGTH</p> <p>5:00-5:30PM QUENTON *SPIN CLASS!</p> <p>5:30-6:30PM JOJO STRETCH & STRENGTH</p> <p>6:00PM-6:45 WANDA ZUMBA! (BB Court)</p>	<p>25 9:30AM-12:30 PICKLEBALL</p> <p>10:30-11:30AM DORIE STRETCH & STRENGTH</p> <p>5:00-6:00PM RACHEL STRONG</p> <p>5:30-6:30PM JOJO STRETCH & STRENGTH-RM C</p> <p>6:00-7PM WANDA LINE DANCING (BB Court)</p> <p>6:00PM-6:30 CLAIRE POWER ABS</p> <p>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p> <p>7:00-8:00PM *TAE KWON DO- WK 1</p>	<p>26 10:30AM-11:30 DORIE STRETCH & STRENGTH</p> <p>5:00PM-5:45 KIM *SPIN CLASS!</p> <p>5:30PM-6:00 SHANNON BURN</p> <p>6:00PM-6:30 SHANNON BARRE BEATS</p> <p>5:30PM-6:30 ALICE ZUMBA! (BB Court)</p>	<p>27 10:30-11:30AM VICKIE STRETCH & STRENGTH</p> <p>5:00-5:45PM KAREN STRONG</p>	<p>28 9:00am-10:00 ALICE ZUMBA! (studio)</p> <p>9:15am-10 SHANNON *SPIN CLASS!</p>
29	<p>30 8:30-10AM PICKLEBALL</p> <p>10:30-11:30AM VICKIE STRETCH & STRENGTH</p> <p>5:00-6:00PM RACHEL STRONG</p> <p>5:30-6:00PM SHANNON PHIIIT (racquetball court)</p> <p>5:30-6:30PM ALICE ZUMBA! (BB Court)</p> <p>5:30-6:30PM JOJO STRETCH & STRENGTH</p> <p>6:00-6:30PM SHANNON BARRE BEATS (studio)</p> <p>6:00-6:45PM KIM *SPIN CLASS!</p> <p>6:30-7:00PM CLAIRE POWER ABS</p> <p>7:00-7:30PM CLAIRE CIRCUIT TRAINING</p>	<p>31 10:30AM-11:30 DORIE STRETCH & STRENGTH</p> <p>5:00-5:30PM QUENTON *SPIN CLASS!</p> <p>5:30-6:30PM JOJO STRETCH & STRENGTH</p> <p>6:00PM-6:45 WANDA ZUMBA! (BB Court)</p>	<p>River Fitness, 1025 Hobbs Hole Dr., Tappahannock, VA 22560 (804) 443-0500 www.riverfitnesscenter.com</p> <p>Want classes on your schedule? Ask about our free program FITNESS ON DEMAND!</p> <p>In both the Fitness & Spin Studios. Access 100's of workouts for free!</p> <p>Info: -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 5 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! *Additional fee for TaeKwonDo-register at Front Desk. SPIN CLASS SIGN UP BEGINS 24 HOURS BEFORE CLASS-CALL 443-0500. Please be prompt, late arrivals not permitted!</p>			

