

LAND CLASSES - MAY 2017



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

MAY 2017 LAND CLASSES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6:00PM-7:00 ALICE ZUMBA (BBcourt) 6:00PM-6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE CIRCUIT TRAINING	2 6 AM-7 RACHEL *STRONG MORNINGS 5:30PM-6:30 WANDA ZUMBA (BBcourt) 6:30PM-7:30 RACHEL *STRONG NIGHTS	3 9:30AM-12:30 INDOOR PICKLEBALL! CLAIRE: 6:00pm-6:30—POWER ABS 6:30-7:30PM—KICKBOXING TAE KWON DO(6)** 7PM-8:00 MEETS IN RACQUETBALL COURT 6:00PM-7:30 YOGA with KELLY (Conference Rm)	4 6AM-7:00 RACHEL *STRONG MORNINGS 6:00PM-7:00 ALICE ZUMBA (B ball court) 6:30PM-7:30 RACHEL *STRONG NIGHTS 6:00PM-7:30 YOGA with KELLY (Conference Rm)	5 4:00PM-5:30 YOGA with KELLY	6 9:00am-10:00 ALICE ZUMBA!
7 1:00-3:00PM INDOOR PICKLEBALL! (bb court)	8 6:00PM-7:00 ALICE ZUMBA (BBcourt) 6:00PM-6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE CIRCUIT TRAINING	9 6 AM-7 RACHEL *STRONG MORNINGS 5:30PM-6:30 WANDA ZUMBA (BBcourt) 6:30PM-7:30 RACHEL *STRONG NIGHTS	10 9:30AM-12:30 INDOOR PICKLEBALL! CLAIRE: 6:00pm-6:30—POWER ABS 6:30-7:30PM—KICKBOXING TAE KWON DO(7)** 7PM-8:00 MEETS IN RACQUETBALL COURT 6:00PM-7:30 YOGA with KELLY (Conference Rm)	11 6AM-7:00 RACHEL *STRONG MORNINGS 6:00PM-7:00 ALICE ZUMBA (B ball court) 6:30PM-7:30 RACHEL *STRONG NIGHTS 6:00PM-7:30 YOGA with KELLY (Conference Rm)	12 4:00PM-5:30 YOGA with KELLY	13 9:00am-10:00 ALICE ZUMBA!
14 1:00-3:00PM INDOOR PICKLEBALL! (bb court)	15 6:00PM-7:00 ALICE ZUMBA (BBcourt) 6:00PM-6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE CIRCUIT TRAINING	16 NO STRONG MORNING 5:30PM-6:30 WANDA ZUMBA (BBcourt) *NO STRONG NIGHTS	17 9:30AM-12:30 INDOOR PICKLEBALL! CLAIRE: 6:00pm-6:30—POWER ABS 6:30-7:30PM—KICKBOXING TAE KWON DO(8)** 7PM-8:00 MEETS IN RACQUETBALL COURT 6:00PM-7:30 YOGA with KELLY (Conference Rm)	18 6AM-7:00 RACHEL *STRONG MORNINGS 6:00PM-7:00 ALICE ZUMBA (B ball court) 6:30PM-7:30 RACHEL *STRONG NIGHTS 6:00PM-7:30 YOGA with KELLY (Conference Rm)	19 4:00PM-5:30 YOGA with KELLY	20 9:00am-10:00 ALICE ZUMBA!
21 1:00-3:00PM INDOOR PICKLEBALL! (bb court)	22 6:00PM-7:00 ALICE ZUMBA (BBcourt) 6:00PM-6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE CIRCUIT TRAINING	23 6 AM-7 RACHEL *STRONG MORNINGS 5:30PM-6:30 WANDA ZUMBA (BBcourt) 6:30PM-7:30 RACHEL *STRONG NIGHTS	24 9:30AM-12:30 INDOOR PICKLEBALL! CLAIRE: 6:00pm-6:30—POWER ABS 6:30-7:30PM—KICKBOXING 6:00PM-7:30 YOGA with KELLY (Conference Rm)	25 6AM-7:00 RACHEL *STRONG MORNINGS 6:00PM-7:00 ALICE ZUMBA (B ball court) 6:30PM-7:30 RACHEL *STRONG NIGHTS 6:00PM-7:30 YOGA with KELLY (Conference Rm)	26 4:00PM-5:30 YOGA with KELLY	27 9:00am-10:00 ALICE ZUMBA!
28 1:00-3:00PM INDOOR PICKLEBALL! (bb court)	CLOSED MEMORIAL DAY Remember those who served	30 6 AM-7 RACHEL *STRONG MORNINGS 5:30PM-6:30 WANDA ZUMBA (BBcourt) 6:30PM-7:30 RACHEL *STRONG NIGHTS	31 9:30AM-12:30 INDOOR PICKLEBALL! CLAIRE: 6:00pm-6:30—POWER ABS 6:30-7:30PM—KICKBOXING 6:00PM-7:30 YOGA with KELLY (Conference Rm)		 like us on facebook	

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
 WEDNESDAYS 6-7:30PM
 FRIDAYS 4-5:30PM

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
 CLASS SIZE IS LIMITED!
 SIGN UP AT FRONT DESK

WEDNESDAYS
 9:00-12:30PM
 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
 MONDAYS & THURSDAYS AT 6:00pm
 TUESDAYS AT 5:50pm
 SATURDAYS AT 9:00am