

AQUATICS CLASSES-MAY 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:30am-11:30 DORIE AQUA ENDURANCE 5:30PM-6:30 JOJO AQUA ENDURANCE	2 10:30am-11:30 RACHEL YOQUA 6:45pm-7:30 WANDA AQUA ZUMBA!	3 10:30AM-11:30 DORIE AQUA FIT 5:30PM-6:30 JOJO AQUA ENDURANCE	4 10:30am-11:30 RACHEL YOQUA 5:30PM-6:30 DENISE AQUA FIT	5 10:30AM-11:30 RACHEL AQUA ENDURANCE	6 POOL CLOSED
7	8 AQUATICS AREA CLOSED FOR MAINTENANCE SATURDAY, MAY 6—MONDAY, MAY 8	9 10:30am-11:30 RACHEL YOQUA 6:45pm-7:30 WANDA AQUA ZUMBA!	10 10:30AM-11:30 DORIE AQUA FIT 5:30PM-6:30 JOJO AQUA ENDURANCE	11 10:30am-11:30 RACHEL YOQUA 5:30PM-6:30 AQUA FIT JOJO	12 10:30AM-11:30 DORIE AQUA ENDURANCE	13
14	15 10:30am-11:30 DORIE AQUA ENDURANCE 5:30PM-6:30 JOJO	16 10:30am-11:30 TANYA YOQUA 6:45pm-7:30 WANDA	17 10:30AM-11:30 DORIE AQUA FIT 5:30PM-6:30 JOJO	18 10:30am-11:30 RACHEL YOQUA 5:30PM-6:30 AQUA FIT JOJO	19 10:30AM-11:30 RACHEL AQUA ENDURANCE	20
21	22 10:30am-11:30 DORIE AQUA ENDURANCE 5:30PM-6:30 JOJO AQUA ENDURANCE	23 10:30am-11:30 RACHEL YOQUA 6:45pm-7:30 WANDA AQUA ZUMBA!	24 10:30AM-11:30 DORIE AQUA FIT 5:30PM-6:30 JOJO AQUA ENDURANCE	25 10:30am-11:30 RACHEL YOQUA 5:30PM-6:30 AQUA FIT JOJO	26 10:30AM-11:30 RACHEL AQUA ENDURANCE	27
28	29 CLOSED TODAY HOME OF THE FREE BECAUSE OF THE BRAVE	30 10:30am-11:30 RACHEL YOQUA 6:45pm-7:30 WANDA AQUA ZUMBA!	31 10:30AM-11:30 DORIE AQUA FIT 5:30PM-6:30 JOJO AQUA ENDURANCE			

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!

aqua ZUMBA
SPLASH YOUR WAY INTO SHAPE!
Tuesday Evenings 6:45-7:30

Yoga
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 10:30-11:30am
Thursdays 5:30-6:30pm

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

MAY 2017 WATER CLASSES