

MAY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>-Please do not join a class after it has started! Proper warm up and cool down is essential for safe exercising!</p> <p>-Arrive at STRONG class 5 minutes early to allow for set up!</p> <p>-Photography or videography of any person other than yourself is strictly prohibited without their expressed or written permission!</p> <p>-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.</p> <p>* SPIN CLASS SIGN UP BEGINS 24 HOURS BEFORE CLASS-CALL 443-0500. Bikes not held for late arrivals.</p>			<p>1</p> <p>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</p> <p>6:00-7PM WANDA ZUMBA STEP</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 7</p>	<p>2</p> <p>10:30AM-11:30 DORIE CHAIR YOGA!</p> <p>5:30PM-6:30 VILMA ZUMBA!</p> <p>6:15PM-7 SHANNON BURN</p>	<p>3</p> <p>10:30-11:30AM VICKIE STRETCH & STRENGTH</p> <p>5:00-5:45PM KAREN STRONG</p>	<p>4</p> <p>9:00am-10:00 ALICE ZUMBA! (studio)</p>
<p>5</p>	<p>6</p> <p>8:30-10AM PICKLEBALL</p> <p>10:30-11:30AM VICKIE STRETCH & STRENGTH</p> <p>5:00-6:00PM KAREN STRONG</p> <p>5:30-6:00PM SHANNON P H I I T (racquetball court)</p> <p>5:30-6:30 PM ALICE ZUMBA! (BB Court)</p> <p>5:30-6:30PM JOJO STRETCH & STRENGTH</p> <p>6:00PM-6:30 CLAIRE POWER ABS</p> <p>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p>	<p>7</p> <p>10:30AM-11:30 DORIE CHAIR YOGA!</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!</p>	<p>8</p> <p>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</p> <p>6:00-7PM WANDA ZUMBA STEP</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>9</p> <p>10:30AM-11:30 DORIE CHAIR YOGA!</p> <p>5:30PM-6:30 VILMA ZUMBA!</p> <p>6:15PM-7 SHANNON BURN</p>	<p>10</p> <p>10:30-11:30AM VICKIE STRETCH & STRENGTH</p> <p>5:00-5:45PM KAREN STRONG</p>	<p>11</p> <p>9:00am-10:00 ALICE ZUMBA! (studio)</p>
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<p>26</p>	<p>27</p> <p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p> <p>CLOSED FOR MEMORIAL DAY</p> <p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p>	<p>28</p> <p>10:30AM-11:30 DORIE CHAIR YOGA!</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!</p>	<p>29</p> <p>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</p> <p>6:00-7PM WANDA ZUMBA STEP</p> <p>6:00PM-6:30 CLAIRE POWER ABS</p> <p>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p>	<p>30</p> <p>10:30AM-11:30 DORIE CHAIR YOGA!</p> <p>5:30PM-6:30 VILMA ZUMBA!</p> <p>6:15PM-7 SHANNON BURN</p>	<p>31</p> <p>10:30-11:30AM VICKIE STRETCH & STRENGTH</p> <p>5:00-5:45PM KAREN STRONG</p>	<p>1025 Hobbs Hole Dr. Tappahannock, VA 22560</p> <p>(804) 443-0500</p> <p>www.riverfitnesscenter.com</p> <p>LIKE US ON facebook</p>