

JUNE 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Have you checked out our new spin studio? Now you can take a class or cycle throughout the world anytime you want by using our brand new FITNESS ON DEMAND virtual cycling program! Ask us about it at the Front Desk! And coming soon to River Fitness: FITNESS ON DEMAND virtual fitness program for the Fitness Studio!</p>						<p>1 9:00am-10:00 ALICE ZUMBA! (studio)</p>
2	<p>3 8:30-10AM PICKLEBALL 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 5:00-6:00PM RACHEL <u>STRONG</u> 5:30-6:00PM SHANNON <u>PHIT (racquetball court)</u> 5:30-6:30 PM ALICE <u>ZUMBA! (BB Court)</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></p>	<p>4 10:30AM-11:30 DORIE <u>STRETCH & STRENGTH</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></p>	<p>5 9:30AM-12:30 PICKLEBALL 10:30-11:30AM DORIE <u>STRETCH & STRENGTH</u> 5:00-6:00PM RACHEL <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></p>	<p>6 10:30AM-11:30 DORIE <u>STRETCH & STRENGTH</u> 5:30PM-6:30 ALICE <u>ZUMBA!</u> 5:45PM-6:30 SHANNON <u>BURN</u></p>	<p>7 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 4:30PM-5:30 WANDA <u>LINE DANCING!</u> 5:00-5:45PM KAREN <u>STRONG</u></p>	<p>8 9:00am-10:00 ALICE ZUMBA! (studio)</p>
9	<p>10 8:30-10AM PICKLEBALL 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 5:00-6:00PM RACHEL <u>STRONG</u> 5:30-6:00PM SHANNON <u>PHIT (racquetball court)</u> 5:30-6:30 PM ALICE <u>ZUMBA! (BB Court)</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></p>	<p>11 10:30AM-11:30 DORIE <u>STRETCH & STRENGTH</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></p>	<p>12 9:30AM-12:30 PICKLEBALL 10:30-11:30AM DORIE <u>STRETCH & STRENGTH</u> 5:00-6:00PM KAREN <u>STRONG</u> 5:30-6:30PM Stretch & Strength <u>(no instructor tonight)</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> 7:00-8:00PM TAE KWON DO-WK 1</p>	<p>13 10:30AM-11:30 DORIE <u>STRETCH & STRENGTH</u> 5:30PM-6:30 ALICE <u>ZUMBA!</u> 5:45PM-6:30 SHANNON <u>BURN</u></p>	<p>14 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 4:30PM-5:30 WANDA <u>LINE DANCING!</u> 5:00-5:45PM KAREN <u>STRONG</u></p>	<p>15 9:00am-10:00 ALICE ZUMBA! (studio)</p>
16	<p>17 8:30-10AM PICKLEBALL 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 5:00-6:00PM RACHEL <u>STRONG</u> 5:30-6:00PM SHANNON <u>PHIT (racquetball court)</u> 5:30-6:30 PM ALICE <u>ZUMBA! (BB Court)</u> 5:30-6:30PM Stretch & Strength <u>(no instructor tonight)</u> 6:00PM-6:30 CLAIRE <u>POWER ABS</u> 6:30PM-7:30 CLAIRE <u>CIRCUIT TRAINING</u></p>	<p>18 10:30AM-11:30 DORIE <u>STRETCH & STRENGTH</u> 5:00-5:30PM QUENTON <u>*SPIN CLASS!</u> 5:30-6:30PM Stretch & Strength <u>(no instructor tonight)</u> 6:00PM-6:45 WANDA <u>ZUMBA!</u></p>	<p>19 9:30AM-12:30 PICKLEBALL 10:30-11:30AM DORIE <u>STRETCH & STRENGTH</u> 5:00-6:00PM RACHEL <u>STRONG</u> 5:30-6:30PM Stretch & Strength <u>(no instructor tonight)</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> 7:00-8:00PM TAE KWON DO-WK 2</p>	<p>20 10:30AM-11:30 DORIE <u>STRETCH & STRENGTH</u> 5:30PM-6:30 ALICE <u>ZUMBA!</u> 5:45PM-6:30 SHANNON <u>BURN</u></p>	<p>21 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 4:30PM-5:30 WANDA <u>LINE DANCING!</u> 5:00-5:45PM KAREN <u>STRONG</u></p>	<p>22 9:00am-10:00 ALICE ZUMBA! (studio)</p>
23	<p>24 8:30-10AM PICKLEBALL 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 5:00-6:00PM RACHEL <u>STRONG</u> 5:30-6:00PM SHANNON <u>PHIT (racquetball court)</u> 5:30-6:30 PM ALICE <u>ZUMBA! (BB Court)</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></p>	<p>25 10:30AM-11:30 DORIE <u>STRETCH & STRENGTH</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></p>	<p>26 9:30AM-12:30 PICKLEBALL 10:30-11:30AM DORIE <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> 7:00-8:00PM TAE KWON DO-WK 3</p>	<p>27 10:30AM-11:30 DORIE <u>STRETCH & STRENGTH</u> 5:30PM-6:30 ALICE <u>ZUMBA!</u> 5:45PM-6:30 SHANNON <u>BURN</u></p>	<p>28 10:30-11:30AM VICKIE <u>STRETCH & STRENGTH</u> 4:30PM-5:30 WANDA <u>LINE DANCING!</u> 5:00-5:45PM KAREN <u>STRONG</u></p>	<p>29 9:00am-10:00 ALICE ZUMBA! (studio)</p>

-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.
* SPIN CLASS SIGN UP BEGINS 24 HOURS BEFORE CLASS-CALL 443-0500.
Please be prompt, bikes are not held for late arrivals.



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