

# LAND CLASSES JANUARY 2018



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

# JANUARY 2018 LAND CLASSES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>2</b> 6:00PM-6:45 WANDA <b>ZUMBA!</b>	<b>3</b> 9:30AM-12:30 <b>PICKLEBALL!</b> 6:00PM-6:30 CLAIRE <b>POWER ABS</b> 6:30PM-7:30 CLAIRE <b>KICKBOXING</b> 7:00PM-8 <b>**TAE KWON DO</b> WEEK 5 (Racquet Ball Court)	<b>4</b> 5:30PM-6:30 ALICE <b>ZUMBA!</b> 6:30PM-7:30 RACHEL <b>*STRONG NIGHTS</b>	<b>5</b> 4:00PM-5:30 KELLY <b>YOGA!</b>	<b>6</b> 9:00am-10:00 ALICE <b>ZUMBA!</b>
<b>7</b> 1:00-3:00 PM <b>PICKLEBALL!</b> (bb court)	<b>8</b> 5:00-5:50PM RACHEL <b>*STRONG NIGHTS</b> 5:30-6:30 PM ALICE <b>ZUMBA! (BB Court)</b> 6:00PM-6:30 CLAIRE <b>POWER ABS</b> 6:30PM-7:30 CLAIRE <b>CIRCUIT TRAINING</b>	<b>9</b> 6:00PM-6:45 WANDA <b>ZUMBA!</b>	<b>10</b> 9:30AM-12:30 <b>PICKLEBALL!</b> 6:00PM-6:30 CLAIRE <b>POWER ABS</b> 6:30PM-7:30 CLAIRE <b>KICKBOXING</b> 7:00PM-8 <b>**TAE KWON DO</b> WEEK 6 (Racquet Ball Court)	<b>11</b> 5:30PM-6:30 ALICE <b>ZUMBA!</b>  <b>*STRONG NIGHTS-                  CANCELLED TONIGHT!</b>	<b>12</b> 4:00PM-5:30 KELLY <b>YOGA!</b>	<b>13</b> 9:00am-10:00 ALICE <b>ZUMBA!</b>
<b>14</b> 1:00-3:00 PM <b>PICKLEBALL!</b> (bb court)	<b>15</b> 5:00-5:50PM RACHEL <b>*STRONG NIGHTS</b> 5:30-6:30 PM ALICE <b>ZUMBA! (BB Court)</b> 6:00PM-6:30 CLAIRE <b>POWER ABS</b> 6:30PM-7:30 CLAIRE <b>CIRCUIT TRAINING</b>	<b>16</b> 6:00PM-6:45 WANDA <b>ZUMBA!</b>	<b>17</b> 9:30AM-12:30 <b>PICKLEBALL!</b> 6:00PM-6:30 CLAIRE <b>POWER ABS</b> 6:30PM-7:30 CLAIRE <b>KICKBOXING</b> 7:00PM-8 <b>**TAE KWON DO</b> WEEK 7 (Racquet Ball Court)	<b>18</b> 5:30PM-6:30 ALICE <b>ZUMBA!</b> 6:30PM-7:30 RACHEL <b>*STRONG NIGHTS</b>	<b>19</b> 4:00PM-5:30 KELLY <b>YOGA!</b>	<b>20</b> 9:00am-10:00 ALICE <b>ZUMBA!</b>
<b>21</b> 1:00-3:00 PM <b>PICKLEBALL!</b> (bb court)	<b>22</b> 5:00-5:50PM RACHEL <b>*STRONG NIGHTS</b> 5:30-6:30 PM ALICE <b>ZUMBA (BB Court)</b> 6:00PM-6:30 CLAIRE <b>POWER ABS</b> 6:30PM-7:30 CLAIRE <b>CIRCUIT TRAINING</b>	<b>23</b> 6:00PM-6:45 WANDA <b>ZUMBA!</b>	<b>24</b> 9:30AM-12:30 <b>PICKLEBALL!</b> 6:00PM-6:30 CLAIRE <b>POWER ABS</b> 6:30PM-7:30 CLAIRE <b>KICKBOXING</b> 7:00PM-8 <b>**TAE KWON DO</b> WEEK 8 (Racquet Ball Court)	<b>25</b> 5:30PM-6:30 ALICE <b>ZUMBA!</b> 6:30PM-7:30 RACHEL <b>*STRONG NIGHTS</b>	<b>26</b> 4:00PM-5:30 KELLY <b>YOGA!</b>	<b>27</b> 9:00am-10:00 ALICE <b>ZUMBA!</b>
<b>28</b> 1:00-3:00 PM <b>PICKLEBALL!</b> (bb court)	<b>29</b> 5:00-5:50PM RACHEL <b>*STRONG NIGHTS</b> 5:30-6:30 PM ALICE <b>ZUMBA (BB Court)</b> 6:00PM-6:30 CLAIRE <b>POWER ABS</b> 6:30PM-7:30 CLAIRE <b>CIRCUIT TRAINING</b>	<b>30</b> 6:00PM-6:45 WANDA <b>ZUMBA!</b>	<b>31</b> 9:30AM-12:30 <b>PICKLEBALL!</b> 6:00PM-6:30 CLAIRE <b>POWER ABS</b> 6:30PM-7:30 CLAIRE <b>KICKBOXING</b>			

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: please arrive 10 minutes early 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!

Weather related closings are announced on WRAR 105.5, WNNT 107.5 and on our River Fitness Facebook page!



**YOGA**  
FRIDAYS 4:00-5:30PM

**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**  
MONDAYS 5-5:50 pm  
THURSDAYS 6:30-7:30 pm

**WEDNESDAYS 9:00-12:30PM**  
**SUNDAYS 1:00-3:00PM**

**JAY STRAUGHAN**  
**TAEKWON-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!  
MONDAY 5:30pm - 6:30  
TUESDAY 6:00pm - 6:15  
THURSDAY 5:30pm - 6:30  
SATURDAY 9:00am - 10:00