


# LAND CLASSES APRIL 2018



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

# APRIL 2018 LAND CLASSES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 	<b>2</b> 5:00-5:50PM RACHEL *STRONG NIGHTS 5:30-6:30 PM ALICE ZUMBA! (BB Court) 6:00PM-6:30 PHIL POWER ABS	<b>3</b> 6:00PM-6:45 WANDA ZUMBA! 4:45PM-5:45 QUENTON H.I.I.T	<b>4</b> 9:30AM-12:30 PICKLEBALL! 6:00PM-6:30 PHIL POWER ABS 5:00PM-5:50 RACHEL *STRONG NIGHTS 7:00PM-8 **TAE KWON DO WEEK 7 (Racquet Ball Court)	<b>5</b> 5:30PM-6:30 ALICE ZUMBA! 5:30PM-6:30 QUENTON H.I.I.T	<b>6</b> 4:00PM-5:30 KELLY YOGA!	<b>7</b> 9:00am-10:00 ALICE ZUMBA!
<b>8</b> 1:00-3:00 PM PICKLEBALL! (bb court)	<b>9</b> 10:30-11:30AM DORIE STRETCH & STRENGTH 5:00-5:50PM RACHEL *STRONG NIGHTS 5:30-6:30 PM ALICE ZUMBA! (BB Court) 5:30-6:30PM JOJO STRETCH & STRENGTH 6:00PM-6:30 PHIL POWER ABS	<b>10</b> 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 6:00PM-6:45 WANDA ZUMBA! 5:30PM-6:30 QUENTON H.I.I.T	<b>11</b> 9:30AM-12:30 PICKLEBALL! 10:30-11:30AM DORIE STRETCH & STRENGTH 5:30-6:30PM JOJO STRETCH & STRENGTH 6:00PM-6:30 PHIL POWER ABS 5:00PM-5:50 RACHEL *STRONG NIGHTS 7:00PM-8 **TAE KWON DO WEEK 8 (Racquet Ball Court)	<b>12</b> 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 5:30PM-6:30 VILMA ZUMBA! 5:30PM-6:30 QUENTON H.I.I.T	<b>13</b> 10:30-11:30AM RACHEL STRETCH & STRENGTH 4:00PM-5:30 KELLY YOGA!	<b>14</b> 9:00am-10:00 ALICE ZUMBA!
<b>15</b> 1:00-3:00 PM PICKLEBALL! (bb court)	<b>16</b> 10:30-11:30AM DORIE STRETCH & STRENGTH 5:00-5:50PM RACHEL *STRONG NIGHTS 5:30-6:30 PM ALICE ZUMBA! (BB Court) 5:30-6:30PM JOJO STRETCH & STRENGTH 6:00PM-6:30 PHIL POWER ABS	<b>17</b> 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 6:00PM-6:45 WANDA ZUMBA! 4:45PM-5:45 QUENTON H.I.I.T	<b>18</b> 9:30AM-12:30 PICKLEBALL! 10:30-11:30AM DORIE STRETCH & STRENGTH 5:30-6:30PM JOJO STRETCH & STRENGTH 6:00PM-6:30 PHIL POWER ABS 5:00PM-5:50 RACHEL *STRONG NIGHTS	<b>19</b> 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 5:30PM-6:30 ALICE ZUMBA! 5:30PM-6:30 QUENTON H.I.I.T	<b>20</b> 10:30-11:30AM RACHEL STRETCH & STRENGTH 4:00PM-5:30 KELLY YOGA!	<b>21</b> 9:00am-10:00VILMA ZUMBA!
<b>22</b> 1:00-3:00 PM PICKLEBALL! (bb court)	<b>23</b> 10:30-11:30AM DORIE STRETCH & STRENGTH 5:00-5:50PM RACHEL *STRONG NIGHTS 5:30-6:30 PM ALICE ZUMBA! (BB Court) 5:30-6:30PM JOJO STRETCH & STRENGTH 6:00PM-6:30 PHIL POWER ABS	<b>24</b> 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 6:00PM-6:45 WANDA ZUMBA! 4:45PM-5:45 QUENTON H.I.I.T	<b>25</b> 9:30AM-12:30 PICKLEBALL! 10:30-11:30AM DORIE STRETCH & STRENGTH 5:30-6:30PM JOJO STRETCH & STRENGTH 6:00PM-6:30 PHIL POWER ABS 5:00PM-5:50 RACHEL *STRONG NIGHTS	<b>26</b> 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 5:30PM-6:30 ALICE ZUMBA! 5:30PM-6:30 QUENTON H.I.I.T	<b>27</b> 10:30-11:30AM RACHEL STRETCH & STRENGTH 4:00PM-5:30 KELLY YOGA!	<b>28</b> 9:00am-10:00 ALICE ZUMBA!
<b>29</b> 1:00-3:00 PM PICKLEBALL! (bb court)	<b>10:30-11:30AM DORIE                      STRETCH &amp; STRENGTH                      5:00-5:50PM RACHEL                      *STRONG NIGHTS                      5:30-6:30 PM ALICE                      ZUMBA! (BB Court)                      5:30-6:30PM JOJO                      STRETCH &amp; STRENGTH                      6:00PM-6:30 PHIL                      POWER ABS</b>	<p><b>Please note these schedule changes for the month:</b>                      NEW CLASSES FOR SENIORS!! <b>Stretch &amp; Strength</b> M, W, F 10:30-11:30am and M&amp;W 5:30-6:30pm. Also <b>Gentle Chair Yoga</b> T &amp; Th 10:30-11:30am. Classes begin April 9th!                      STRONG NIGHTS! Class is now on Mondays and Wednesdays @ 5:00pm!                      H.I.I.T. class is now on Tuesdays @ 4:45pm &amp; Wednesdays @ 5:30pm!</p>				
<p>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!</p>						



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

**POWER ABS**  
 WITH CLAIRE EVANS  
 Mondays & Wednesdays  
 6:00-6:30pm

**STRONG AT NIGHT**  
 MONDAYS & WEDNESDAYS  
 5:00-5:50 pm

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

**JAY STRAUGHAN TAE KWON DO**  
 WEDNESDAYS 7-8PM  
 DISCOUNT FOR MEMBERS!

**H.I.I.T**  
 HIGH INTENSITY INTERVAL TRAINING  
 LOSE FAT. BUILD MUSCLE. GET FIT  
 TUESDAYS 4:45-5:45pm  
 THURSDAYS 5:30-6:30pm

**ZUMBA fitness**  
 JOIN THE FUN!  
 MONDAYS 5:30-6:30pm  
 TUESDAYS 6:00-6:45pm  
 THURSDAYS 5:30-6:30pm  
 SATURDAYS 9:00-10:00am