

LAND CLASSES MAY 2018



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

MAY 2018 LAND CLASSES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 4:45PM-5:45 QUINTON CARDIO SCULPT 6:00PM-6:45 WANDA ZUMBA!	2 9:30AM-12:30 PICKLEBALL 10:30-11:30AM DORIE STRETCH & STRENGTH 5:00PM-5:50 RACHEL *STRONG NIGHTS 5:30-6:30PM JOJO STRETCH & STRENGTH 6:00PM-6:30 PHIL POWER ABS	3 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 4:45PM-5:45 QUINTON CARDIO SCULPT 5:30PM-6:30 VILMA ZUMBA!	4 10:30-11:30AM RACHEL STRETCH & STRENGTH 4:00PM-5:30 KELLY YOGA!	5 9:00am-10:00 ALICE ZUMBA!
6 1:00-3:00 PM PICKLEBALL! (bb court)	7 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	8 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 4:45PM-5:45 QUINTON CARDIO SCULPT 6:00PM-6:45 WANDA ZUMBA!	9 9:30AM-12:30 PICKLEBALL 10:30-11:30AM DORIE STRETCH & STRENGTH 5:00PM-5:50 RACHEL *STRONG NIGHTS 5:30PM STRETCH & STRENGTH CANCELLED 6:00PM-6:30 PHIL POWER ABS	10 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 4:45PM-5:45 QUINTON CARDIO SCULPT 5:30PM-6:30 ALICE ZUMBA!	11 10:30-11:30AM RACHEL STRETCH & STRENGTH 4:00PM-5:30 KELLY YOGA!	12 9:00am-10:00 ALICE ZUMBA!
13 1:00-3:00 PM PICKLEBALL! (bb court)	14 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	15 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 4:45PM-5:45 QUINTON CARDIO SCULPT 6:00PM-6:45 WANDA ZUMBA!	16 9:30AM-12:30 PICKLEBALL 10:30-11:30AM DORIE STRETCH & STRENGTH 5:00PM-5:50 RACHEL *STRONG NIGHTS 5:30-6:30PM JOJO STRETCH & STRENGTH 6:00PM-6:30 PHIL POWER ABS	17 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 4:45PM-5:45 QUINTON CARDIO SCULPT 5:30PM-6:30 ALICE ZUMBA!	18 10:30-11:30AM DORIE STRETCH & STRENGTH 4:00PM-5:30 KELLY YOGA!	19 9:00am-10:00 ALICE ZUMBA!
20 1:00-3:00 PM PICKLEBALL! (bb court)	21 10:30-11:30AM DORIE STRETCH & STRENGTH 5:00PM STRONG NIGHTS CANCELLED TONIGHT 5:30-6:30 PM ALICE ZUMBA! (BB Court) 5:30-6:30PM JOJO STRETCH & STRENGTH 6:00PM-6:30 PHIL POWER ABS	22 10:30-11:30AM DORIE GENTLE CHAIR YOGA 4:45PM-5:45 QUINTON CARDIO SCULPT 6:00PM-6:45 WANDA ZUMBA!	23 9:30AM-12:30 PICKLEBALL 10:30-11:30AM DORIE STRETCH & STRENGTH 5:00PM STRONG NIGHTS CANCELLED TONIGHT 5:30-6:30PM JOJO STRETCH & STRENGTH 6:00PM-6:30 PHIL POWER ABS	24 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 4:45PM-5:45 QUINTON CARDIO SCULPT 5:30PM-6:30 ALICE ZUMBA!	25 10:30-11:30AM RACHEL STRETCH & STRENGTH 4:00PM-5:30 KELLY YOGA!	26 9:00am-10:00 ALICE ZUMBA!
27 1:00-3:00 PM PICKLEBALL! (bb court)	CLOSED TODAY 	29 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 4:45PM-5:45 QUINTON CARDIO SCULPT 6:00PM-6:45 WANDA ZUMBA!	30 9:30AM-12:30 PICKLEBALL 10:30-11:30AM DORIE STRETCH & STRENGTH 5:00PM-5:50 RACHEL *STRONG NIGHTS 5:30-6:30PM JOJO STRETCH & STRENGTH 6:00PM-6:30 PHIL POWER ABS	31 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 4:45PM-5:45 QUINTON CARDIO SCULPT 5:30PM-6:30 ALICE ZUMBA!	<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 your self is strictly prohibited without their expressed or written permission!</p>	

