

LAND CLASSES SEPTEMBER 2018



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>**Tae Kwon Do has an additional fee-register at the Front Desk!</p> <p>*STRONG class: please arrive <u>10 minutes</u> early for set up. Late arrivals will not be allowed entry in studio.</p> <p><i>Photography or videography of any person other than yourself is strictly prohibited without their expressed or written permission!</i></p>						<p>1 9:00am-10:00 ALICE ZUMBA!</p>
<p>2 1:00-3:00 PM PICKLEBALL! (bb court)</p>	<p>CLOSED TODAY</p>	<p>4 10:30-11:30AM RACHEL GENTLE CHAIR YOGA</p> <p>6:00PM-6:45 WANDA ZUMBA!</p>	<p>5 9:30AM-12:30 PICKLEBALL 10:30-11:30AM DORIE <u>STRETCH & STRENGTH</u></p> <p>5:00PM-5:50 RACHEL *STRONG NIGHTS</p> <p>5:30-6:30PM JOJO <u>STRETCH & STRENGTH</u></p> <p>6:00PM-6:30 CLAIRE POWER ABS</p> <p>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p>	<p>6 10:30-11:30AM RACHEL GENTLE CHAIR YOGA</p> <p>5:30PM-6:30 ALICE ZUMBA!</p> <p>5:30-6:30PM JOJO STRETCH & STRENGTH</p>	<p>7 10:30-11:30AM RACHEL STRETCH & STRENGTH</p>	<p>8 9:00am-10:00 ALICE ZUMBA!</p>
<p>9 1:00-3:00 PM PICKLEBALL! (bb court)</p>	<p>10 10:30-11:30AM DORIE STRETCH & STRENGTH</p> <p>*STRONG NIGHTS <u>CANCELLED TONIGHT</u></p> <p>5:30-6:30 PM ALICE ZUMBA! (BB Court)</p> <p>5:30PM-6:30PM JOJO <u>STRETCH & STRENGTH</u></p> <p>6:00PM-6:30 CLAIRE POWER ABS</p> <p>6:30PM-7:30 CLAIRE <u>CIRCUIT TRAINING</u></p>	<p>11 10:30-11:30AM DORIE GENTLE CHAIR YOGA</p> <p>6:00PM-6:45 WANDA ZUMBA!</p>	<p>12 9:30AM-12:30 PICKLEBALL 10:30-11:30AM DORIE <u>STRETCH & STRENGTH</u></p> <p>*STRONG NIGHTS <u>CANCELLED TONIGHT</u></p> <p>5:30-6:30PM JOJO <u>STRETCH & STRENGTH</u></p> <p>6:00PM-6:30 CLAIRE POWER ABS</p> <p>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p>	<p>13 10:30-11:30AM DORIE GENTLE CHAIR YOGA</p> <p>5:30PM-6:30 ALICE ZUMBA!</p>	<p>14 10:30-11:30AM DORIE STRETCH & STRENGTH</p>	<p>15 9:00am-10:00 ALICE ZUMBA!</p>
<p>16 1:00-3:00 PM PICKLEBALL! (bb court)</p>	<p>17 10:30-11:30AM DORIE STRETCH & STRENGTH</p> <p>5:00PM-5:50 RACHEL *STRONG NIGHTS</p> <p>5:30-6:30 PM ALICE ZUMBA! (BB Court)</p> <p>5:30PM-6:30PM JOJO <u>STRETCH & STRENGTH</u></p> <p>6:00PM-6:30 CLAIRE POWER ABS</p> <p>6:30PM-7:30 CLAIRE <u>CIRCUIT TRAINING</u></p>	<p>18 10:30-11:30AM RACHEL GENTLE CHAIR YOGA</p> <p>6:00PM-6:45 WANDA ZUMBA!</p>	<p>19 9:30AM-12:30 PICKLEBALL 10:30-11:30AM DORIE <u>STRETCH & STRENGTH</u></p> <p>5:00PM-5:50 RACHEL *STRONG NIGHTS</p> <p>5:30-6:30PM JOJO <u>STRETCH & STRENGTH</u></p> <p>6:00PM-6:30 CLAIRE POWER ABS</p> <p>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p> <p>7:00-8:00 *TAE KWON DO WEEK 1</p>	<p>20 10:30-11:30AM RACHEL GENTLE CHAIR YOGA</p> <p>5:30PM-6:30 ALICE ZUMBA!</p>	<p>21 10:30-11:30AM RACHEL STRETCH & STRENGTH</p>	<p>22 9:00am-10:00 ALICE ZUMBA!</p>
<p>23 1:00-3:00 PM PICKLEBALL! (bb court)</p> <p>30 1:00-3:00 PM PICKLEBALL! (bb court)</p>	<p>24 10:30-11:30AM DORIE STRETCH & STRENGTH</p> <p>5:00PM-5:50 RACHEL *STRONG NIGHTS</p> <p>5:30-6:30 PM ALICE ZUMBA! (BB Court)</p> <p>5:30PM-6:30PM JOJO <u>STRETCH & STRENGTH</u></p> <p>6:00PM-6:30 CLAIRE POWER ABS</p> <p>6:30PM-7:30 CLAIRE <u>CIRCUIT TRAINING</u></p>	<p>25 10:30-11:30AM RACHEL GENTLE CHAIR YOGA</p> <p>6:00PM-6:45 WANDA ZUMBA!</p>	<p>26 9:30AM-12:30 PICKLEBALL 10:30-11:30AM DORIE <u>STRETCH & STRENGTH</u></p> <p>5:00PM-5:50 RACHEL *STRONG NIGHTS</p> <p>5:30-6:30PM JOJO <u>STRETCH & STRENGTH</u></p> <p>6:00PM-6:30 CLAIRE POWER ABS</p> <p>6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p> <p>7:00-8:00 *TAE KWON DO WEEK 2</p>	<p>27 10:30-11:30AM RACHEL GENTLE CHAIR YOGA</p> <p>5:30PM-6:30 ALICE ZUMBA!</p>	<p>28 10:30-11:30AM RACHEL STRETCH & STRENGTH</p>	<p>29 9:00am-10:00 ALICE ZUMBA!</p>



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