

AQUATICS CLASSES-MARCH 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:30am-11:30 RACHEL <u>YOQUA</u> 5:30PM-6:30 JOJO AQUA FIT	2 10:30AM-11:30 RACHEL AQUA ENDURANCE	3
4	5 10:30am-11:30 DORIE <u>AQUA ENDURANCE</u> 5:30PM-6:30 JOJO AQUA ENDURANCE	6 10:30am-11:30 RACHEL <u>YOQUA</u>	7 10:30AM-11:30 DORIE <u>AQUA FIT</u> 5:30PM-6:30 JOJO AQUA ENDURANCE	8 10:30am-11:30 RACHEL <u>YOQUA</u> 5:30PM-6:30 JOJO AQUA FIT	9 10:30AM-11:30 RACHEL AQUA ENDURANCE	10
11	12 10:30am-11:30 DORIE <u>AQUA ENDURANCE</u> 5:30PM-6:30 JOJO AQUA ENDURANCE	13 10:30am-11:30 RACHEL <u>YOQUA</u>	14 10:30AM-11:30 DORIE <u>AQUA FIT</u> 5:30PM-6:30 JOJO AQUA ENDURANCE	15 10:30am-11:30 RACHEL <u>YOQUA</u> 5:30PM-6:30 JOJO AQUA FIT	16 10:30AM-11:30 RACHEL AQUA ENDURANCE	17
18	19 10:30am-11:30 DORIE <u>AQUA ENDURANCE</u> 5:30PM-6:30 DENISE AQUA ENDURANCE	20 10:30am-11:30 RACHEL <u>YOQUA</u>	21 10:30AM-11:30 DORIE <u>AQUA FIT</u> 5:30PM-6:30 JOJO AQUA ENDURANCE	22 10:30am-11:30 RACHEL <u>YOQUA</u> 5:30PM-6:30 JOJO AQUA FIT	23 10:30AM-11:30 RACHEL AQUA ENDURANCE	24
25	26 10:30am-11:30 DORIE <u>AQUA ENDURANCE</u> 5:30PM-6:30 JOJO	27 10:30am-11:30 RACHEL <u>YOQUA</u>	28 10:30AM-11:30 DORIE <u>AQUA FIT</u> 5:30PM-6:30 JOJO AQUA ENDURANCE	29 10:30am-11:30 RACHEL <u>YOQUA</u> 5:30PM-6:30 JOJO AQUA FIT	30 10:30AM-11:30 RACHEL AQUA ENDURANCE	31

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

MARCH 2018 WATER GLASSES

NOTES: During thunder or lightening, the aquatics area will close until 30 minutes after the last thunder is heard. Call for updates! ~Please do not join a class that has been in progress for more than 5 minutes!! ~ Remember proper warm up and cool down is essential for safe exercising! ~ Pool is closed during class times except for class participants & lap swimmers using the lap lanes. ~ Classes with 18+ students, only 1 lap lane will remain open. ~ Photography or videography of any person other than yourself is strictly prohibited with their expressed or written permission!

Weather related facility closings or delays will be announced on WRAR 105.5, WNNT 107.5 and on our River Fitness Facebook page!

Yoga
Where Yoga Meets Water
Tuesdays & Thursdays
10:30-11:30am

AQUA ENDURANCE
STRENGTH TRAINING & CARDIO FOR A FULL BODY WORKOUT!
MONDAYS 10:30-11:30am
WEDNESDAYS 5:30-6:30pm
FRIDAYS 10:30-11:30am

Aqua-Fit
CARDIO-CORE-BALANCE-STRENGTH TRAINING
WEDNESDAYS 10:30-11:30 AM
THURSDAYS 5:30-6:30 PM

