

AQUATICS CLASSES-JANUARY 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		2 10:30am-11:30 TANYA <u>YOQUA</u>	3 10:30AM-11:30 DORIE <u>AQUA FIT</u> 5:30PM-6:30 JOJO <u>AQUA ENDURANCE</u>	4 10:30am-11:30 TANYA <u>YOQUA</u> 5:30PM-6:30 JOJO <u>AQUA FIT</u>	5 10:30AM-11:30 RACHEL <u>AQUA ENDURANCE</u>	6
7	8 10:30am-11:30 TANYA <u>AQUA ENDURANCE</u> 5:30PM-6:30 JOJO <u>AQUA ENDURANCE</u>	9 10:30am-11:30 TANYA <u>YOQUA</u>	10 10:30AM-11:30 DORIE <u>AQUA FIT</u> 5:30PM-6:30 JOJO <u>AQUA ENDURANCE</u>	11 10:30am-11:30 TANYA <u>YOQUA</u> 5:30PM-6:30 JOJO <u>AQUA FIT</u>	12 10:30AM-11:30 DORIE <u>AQUA ENDURANCE</u>	13
14	15 10:30am-11:30 TANYA <u>AQUA ENDURANCE</u> 5:30PM-6:30 JOJO <u>AQUA ENDURANCE</u>	16 10:30am-11:30 TANYA <u>YOQUA</u>	17 10:30AM-11:30 DORIE <u>AQUA FIT</u> 5:30PM-6:30 JOJO <u>AQUA ENDURANCE</u>	18 10:30am-11:30 TANYA <u>YOQUA</u> 5:30PM-6:30 JOJO <u>AQUA FIT</u>	19 10:30AM-11:30 RACHEL <u>AQUA ENDURANCE</u>	20
21	22 10:30am-11:30 TANYA <u>AQUA ENDURANCE</u> 5:30PM-6:30 DENISE <u>AQUA ENDURANCE</u>	23 10:30am-11:30 TANYA <u>YOQUA</u>	24 10:30AM-11:30 DORIE <u>AQUA FIT</u> 5:30PM-6:30 JOJO <u>AQUA ENDURANCE</u>	25 10:30am-11:30 TANYA <u>YOQUA</u> 5:30PM-6:30 JOJO <u>AQUA FIT</u>	26 10:30AM-11:30 RACHEL <u>AQUA ENDURANCE</u>	27
28	29 10:30am-11:30 TANYA <u>AQUA ENDURANCE</u> 5:30PM-6:30 JOJO	30 10:30am-11:30 TANYA <u>YOQUA</u>	31 10:30AM-11:30 DORIE <u>AQUA FIT</u> 5:30PM-6:30 JOJO <u>AQUA ENDURANCE</u>	Weather related closings will be announced on WRAR 105.5, WNNT 107.5 and on our River Fitness Facebook page!		

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

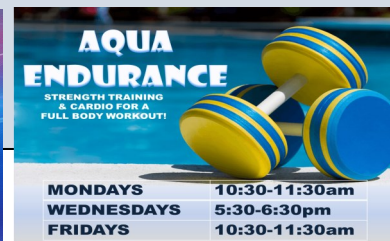
JANUARY 2018 WEATHER GLASSES

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!

St. Margaret's Swim Team will practice Monday—Friday from 6:30-7:45am. They will use all lap lanes. Lanes will not be available for members. Other areas of the pool, sauna and Jacuzzi are open to all members during swim team time!



Yoqua
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

