

DECEMBER 2018 CLASSES



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>The staff of River Fitness wishes all our wonderful members and guests a blessed Christmas filled with joy and peace!</p>						<p>1 9:00am-10:00 ALICE ZUMBA!</p>	
<p>2 1:00-3:00 PM PICKLEBALL! (bb court)</p>	<p>3 10:30-11:30AM DORIE STRETCH & STRENGTH NO STRONG CLASS TODAY 5:30-6:30 PM ALICE ZUMBA! (BB Court) 5:30PM-6:30PM JOJO STRETCH & STRENGTH 6:00PM-6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p>	<p>4 10:30-11:30AM GENTLE CHAIR YOGA 6:00PM-6:45 WANDA ZUMBA!</p>	<p>5 9:30AM-12:30 PICKLEBALL 10:30-11:30AM VICKIE STRETCH & STRENGTH NO STRONG CLASS TODAY 5:30-6:30PM JOJO STRETCH & STRENGTH 6:00-7PM WANDA ZUMBA STEP 6:00PM-6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p>	<p>6 10:30-11:30AM GENTLE CHAIR YOGA 5:30PM-6:30 ALICE ZUMBA!</p>	<p>7 10:30-11:30AM VICKIE 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 VICKIE STRETCH & STRENGTH 5:00PM-5:50 RACHEL *STRONG NIGHTS 5:30-6:30 PM ALICE ZUMBA! (BB Court) 5:30PM-6:30PM JOJO STRETCH & STRENGTH 6:00PM-6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p>	<p>11 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 6:00PM-6:45 WANDA ZUMBA!</p>	<p>12 9:30AM-12:30 PICKLEBALL 10:30-11:30AM VICKIE STRETCH & STRENGTH 5:00PM-5:50 RACHEL *STRONG NIGHTS 5:30-6:30PM JOJO STRETCH & STRENGTH 6:00-7PM WANDA ZUMBA STEP 6:00PM-6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p>	<p>13 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 5:30PM-6:30 ALICE ZUMBA!</p>	<p>14 10:30-11:30AM RACHEL 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 5:00PM-5:50 RACHEL *STRONG NIGHTS 5:30-6:30 PM ALICE ZUMBA! (BB Court) 5:30PM-6:30PM JOJO STRETCH & STRENGTH 6:00PM-6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p>	<p>18 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 6:00PM-6:45 WANDA ZUMBA!</p>	<p>19 9:30AM-12:30 PICKLEBALL 10:30-11:30AM VICKIE STRETCH & STRENGTH 5:00PM-5:50 RACHEL *STRONG NIGHTS 5:30-6:30PM JOJO STRETCH & STRENGTH 6:00-7PM WANDA ZUMBA STEP 6:00PM-6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p>	<p>20 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 5:30PM-6:30 ALICE ZUMBA!</p>	<p>21 10:30-11:30AM VICKIE STRETCH & STRENGTH</p>	<p>22 9:00am-10:00 ALICE ZUMBA!</p>	
<p>23 1:00-3:00 PM PICKLEBALL! (bb court)</p>	<p>24 closed today</p> 	<p>MERRY CHRISTMAS CHRIST IS BORN</p> 	<p>26 9:30AM-12:30 PICKLEBALL 10:30-11:30AM VICKIE STRETCH & STRENGTH 5:00PM-5:50 RACHEL *STRONG NIGHTS 5:30-6:30PM JOJO STRETCH & STRENGTH 6:00-7PM WANDA ZUMBA STEP 6:00PM-6:30 CLAIRE POWER ABS 6:30PM-7:30 CLAIRE CIRCUIT TRAINING</p>	<p>27 10:30-11:30AM GENTLE CHAIR YOGA 5:30PM-6:30 ALICE ZUMBA!</p>	<p>28 10:30-11:30AM DORIE STRETCH & STRENGTH</p>	<p>29 9:00am-10:00 ALICE ZUMBA!</p>	
<p>30 1:00-3:00 PM PICKLEBALL! (bb court)</p>	<p>31 CLOSE AT 6:00 PM 10:30-11:30AM DORIE STRETCH & STRENGTH NO EVENING CLASSES</p>	<p>Please do not join a class after it has started. Proper warm up and cool down is essential for safe exercising! *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! Should you need to talk on your phone, please use the lobby. Please note: talking on a phone is not allowed in the Fitness area</p>				<p>Holiday Schedule: Dec 24: closed Dec 25: closed Dec 31: close at 6pm Jan 1: closed</p>	



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