



LAND CLASSES JUNE 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! **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 yourself is strictly prohibited without their expressed or written permission!</p>						
 						
<p>3 1:00-3:00 PM PICKLEBALL! (bb court)</p>	<p>4 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</p>	<p>5 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 4:45PM-5:45 QUENTON CARDIO SCULPT 6:00PM-6:45 WANDA ZUMBA!</p>	<p>6 9:30AM-12:30 PICKLEBALL 10:30-11:30AM DORIE STRETCH & STRENGTH 5:00PM-5:50 RACHEL *STRONG NIGHTS 5:30PM DORIE STRETCH & STRENGTH 6:00PM-6:30 PHIL POWER ABS</p>	<p>7 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 4:45PM-5:45 QUENTON CARDIO SCULPT 5:30PM-6:30 ALICE ZUMBA!</p>	<p>1 10:30-11:30AM RACHEL STRETCH & STRENGTH</p>	<p>2 9:00am-10:00 ALICE ZUMBA!</p>
<p>10 1:00-3:00 PM PICKLEBALL! (bb court)</p>	<p>11 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</p>	<p>12 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 4:45PM-5:45 QUENTON CARDIO SCULPT 6:00PM-6:45 WANDA ZUMBA!</p>	<p>13 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</p>	<p>14 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 4:45PM-5:45 QUENTON CARDIO SCULPT 5:30PM-6:30 ALICE ZUMBA!</p>	<p>15 10:30-11:30AM DORIE STRETCH & STRENGTH</p>	<p>9 9:00am-10:00 ALICE ZUMBA!</p>
<p>17 1:00-3:00 PM PICKLEBALL! (bb court)</p>	<p>18 10:30-11:30AM DORIE STRETCH & STRENGTH 5:00PM 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</p>	<p>19 10:30-11:30AM DORIE GENTLE CHAIR YOGA 4:45PM-5:45 QUENTON CARDIO SCULPT 6:00PM-6:45 WANDA ZUMBA!</p>	<p>20 9:30AM-12:30 PICKLEBALL 10:30-11:30AM DORIE STRETCH & STRENGTH 5:00PM RACHEL *STRONG NIGHTS 5:30-6:30PM JOJO STRETCH & STRENGTH 6:00PM-6:30 PHIL POWER ABS</p>	<p>21 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 4:45PM-5:45 QUENTON CARDIO SCULPT 5:30PM-6:30 ALICE ZUMBA!</p>	<p>22 10:30-11:30AM RACHEL STRETCH & STRENGTH</p>	<p>9 9:00am-10:00 ALICE ZUMBA!</p>
<p>24 1:00-3:00 PM PICKLEBALL! (bb court)</p>	<p>18 10:30-11:30AM DORIE STRETCH & STRENGTH 5:00PM 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</p>	<p>26 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 4:45PM-5:45 QUENTON CARDIO SCULPT 6:00PM-6:45 WANDA ZUMBA!</p>	<p>27 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</p>	<p>28 10:30-11:30AM RACHEL GENTLE CHAIR YOGA 4:45PM-5:45 QUENTON CARDIO SCULPT 5:30PM-6:30 ALICE ZUMBA!</p>	<p>29 10:30-11:30AM RACHEL STRETCH & STRENGTH</p>	<p>30 9:00am-10:00 ALICE ZUMBA!</p>

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



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