

# FEBRUARY 2019 RVR RANCH HOUSE GROUP FITNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Like us on FACEBOOK and visit rvrma.org for more fitness info! Or call 963-6300 with any questions.</i></p>	<p><i>Current Ranch House Hours Mon-Fri 6am to 8pm Sat-Sun 8am to 7pm</i></p>				<p>8:00AM Slow Flow - Shelly 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pil.-Marissa</p>	<p>8:15AM Spin - John</p>
<p><b>3</b></p>	<p><b>4</b> 6:45AM Rise Up-CANCEL 8:00AM Pilates - Meredith 9:15AM Fastrac - Suzie 10:20AM Tai Chi - John 6PM Align&amp;Refine-Michelle</p>	<p><b>5</b> 6:15AM Spin - Judy 8:00AM Align Flow - River 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John</p>	<p><b>6</b> 8:00AM Slow Flow - Lisa G 9:15AM Fastrac - Suzie 10:20AM Tai Chi - John 5:30PM Master Swim-Dave 6PM Slow Flow-Shelly</p>	<p><b>7</b> 6:15AM Spin - Susan 8:00AM Yogalates - Anthony 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John</p>	<p><b>8</b> 8:00AM Slow Flow - Shelly 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pil.-Marissa</p>	<p><b>9</b> 8:15AM Spin - John</p>
<p><b>10</b> Stretch&amp;Restore 5PM-Lindsay</p>	<div style="background-color: #800000; color: white; padding: 10px; font-size: 2em; font-weight: bold; text-align: center;">                     CLOSED                      for MAINTENANCE                 </div>		<p><b>12</b> 8:00AM Slow Flow - Lisa G 9:15AM Fastrac - CANCEL 10:20AM Tai Chi - John 5:30PM Master Swim-Dave 6PM Slow Flow-Shelly</p>	<p><b>13</b></p> <p>♥♥♥♥♥♥</p> <p><b>14</b> 6:15AM Spin - Susan 8:00AM Yogalates - Anthony 9:15AM Body Fit-CANCEL 10:45AM Ageless Fit. - John</p>	<p><b>15</b> 8:00AM Slow Flow - Shelly 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pil.-Marissa</p>	<p><b>16</b> 8:15AM Spin - John</p> <div style="background-color: #800000; color: white; padding: 5px; font-size: 0.8em; text-align: center;"> <b>Mindfulness Meditation</b>                      Workshop with Lisa Goddard                      10:00am-11:30am                 </div>
<p><b>17</b></p>	<p><b>18</b> 6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15AM Fastrac - Suzie 10:20AM Tai Chi - John 6PM Align&amp;Refine-Alya</p>	<p><b>19</b> 6:15AM Spin - Judy 8:00AM Align Flow - River 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John</p>	<p><b>20</b> 8:00AM Slow Flow - Lisa G 9:15AM Fastrac - Suzie 10:20AM Tai Chi - John 5:30PM Master Swim-Dave 6PM Slow Flow-Shelly</p>	<p><b>21</b> 6:15AM Spin - Susan 8:00AM Yogalates - Anthony 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John</p>	<p><b>22</b> 8:00AM Slow Flow - Shelly 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pil.-Marissa</p>	<p><b>23</b> 8:15AM Spin - John</p>
<p><b>24</b> QIGONG - RELAX, RELEASE, RENEW, REFOCUS 5PM-Cari</p>	<p><b>25</b> 6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15AM Fastrac - Suzie 10:20AM Tai Chi - John 6PM Align&amp;Refine-Alya</p>	<p><b>26</b> 6:15AM Spin - Judy 8:00AM Align Flow - River 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John</p>	<p><b>27</b> 8:00AM Slow Flow - Lisa G 9:15AM Fastrac - Suzie 10:20AM Tai Chi - John 5:30PM Master Swim-Dave 6PM Slow Flow-Shelly</p>	<p><b>28</b> 6:15AM Spin - Susan 8:00AM Yogalates - Anthony 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John</p>	<p><i>All classes are included in HOA dues unless otherwise noted!</i></p>	