


# AUGUST GROUP FITNESS CLASSES

<b>Group Fitness Schedule</b> <b>RANCH HOUSE</b> <b>963-6300</b>					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>	<b>2</b>
				6:15AM Spin - SCOTT 8:20AM SLOW FLOW - Kallie 9:30AM PILATES Mat- Meredith	8:00AM CORE - Christi 9:00AM Water Aerobics-Barbara 9:15AM FASTRAC - Devon
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
RESTORATIVE YOGA workshop 4-6PM	7:00AM CORE- Christi 8:00AM CORE - Christi 9:00AM Water Aerobics-Barbara 9:15AM FASTRAC - Suzie 10:15AM TAI CHI - John	6:15AM Spin - SCOTT 7:15AM PILATES Mat- Robin 8:20AM SLOW FLOW - Kallie	7:00AM CORE- Suzie 8:00AM CORE - Christi 9:00AM Water Aerobics-Barbara 9:15AM FASTRAC - Suzie 10:15AM TAI CHI - John 4:00PM - Stretch and Restore	6:15AM Spin - SCOTT 8:20AM SLOW FLOW - Kallie 9:30AM PILATES Mat- Meredith	8:00AM CORE - Christi 9:00AM Water Aerobics-Barbara 9:15AM FASTRAC - Devon
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
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<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
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<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
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# AUGUST GROUP FITNESS CLASSES

 RIVER VALLEY RANCH	
Saturday	
	3
	10
	17
	24
	31
<p><i>All classes are included in RVR HOA dues unless otherwise noted.</i></p>	