RIVER VALLEY CAMPUS CLASSROOM 2

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM							
6:00							
8:00						Strength, Stretch, & Flex 8:00-8:45AM	
8:45							
9:00							
9:30		Silver Sneakers Classic 9:30-10:15		Silver Sneakers Classic 9:30-10:15		Fitness Fusion 9:00-10:00AM	
10:00							
10:15							
10:30		Silver Sneakers Enerchi 10:30-11:15AM		Silver Sneakers Enerchi 10:30-11:15AM			
11:00							
11:30							
12:00	GeriFit 12-12:45PM		GeriFit 12-12:45PM		Enhance Fitness 11:45AM-12:45PM		
12:30							
12:45							
1:00		Parkinson's Class 1:00-2:00		Parkinson's Class 1:00-2:00			
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00				Indoor Cycling 5-5:45PM			
5:30	Strength, Stretch, & Flex 5:30-6:30PM		Strength, Stretch, & Flex 5:30-6:30PM				
6:00							
6:15							
6:30							
7:00							
7:30							
8:00	**SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE**						

MONDAY - FRIDAY CLOSE @7:45PM | SATURDAY CLOSE@4PM | SUNDAY CLOSE @1PM