

RIVER VALLEY CAMPUS GYM

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

T.	N =l =	T	\	Thermal	Foliation	C = +	Cl
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM 6:00	OPEN GYM		OPEN GYM				
8:00	5-9:15AM		5-9:15AM				
9:00	5 7.15/ tivi		J 7. 1 37 (1V)				
9:30	Silver Sneakers		Silver Sneakers		Dance		
10:00	Chair Yoga	Fast, Fun, & Done	Chair Yoga	Fast, Fun, & Done	Fitness		
10:15	9:30-10:15	9:30-10:15	9:30-10:15	9:30-10:15	9:30-10	OPEN	OPEN
10:30	Silver Sneakers		Silver Sneakers				
11:00	Circuit	OPEN GYM	Circuit	OPEN GYM	Silver Sneakers	$\bigcirc \setminus \setminus \setminus \setminus \setminus$	GYM
11:30	10:30-11:20 Enhance	10:30AM -	10:30-11:20 Enhance	10:30AM -	Stability 10:45-11:30AM	GYM	01101
11:45		12:45PM		12:45PM	10.45-11.30AW		0414 10 45014
12:00 12:45	Fitness		Fitness			6AM - 3:45PM	9AM - 12:45PM
1:00	11:45-12:45	Parkinson's	11:45-12:45	Parkinson's			
1:30		Class		Class			
2:00	ODENI	1:00-2:00	ODENI	1:00-2:00	OPEN		
2:30	OPEN	1100 2100	OPEN	1100 2100			
3:00	$C \setminus I \setminus I$		$C \setminus A$				
3:30	GYM	Cornhole	GYM	Cornhole	GYM		
4:00	1-5:15PM	2-5PM	1-5:15PM	2-5PM			
4:30					11:45AM - 7:45PM		
5:00							
5:30	Boot Camp	Fitness Fusion	Boot Camp				
6:00	5:30-6:15		5:30-6:15	ODENI OVA A			
6:15		5:30-6:30		OPEN GYM			
6:30	OPEN GYM 6:30-7:45PM	OPEN GYM	OPEN GYM 6:30-7:45PM	5:30-7:45PM			
7:00 7:30	0.3U-7.43PIVI	6:45-7:45PM	0.3U-7.43PIVI				
8:00		U.4J-7.4JFIVI	**SCHEDIII E SUB	BJECT TO CHANGE WI	THOUT NOTICE**		
MONDAY - FRIDAY CLOSE @7:45PM SATURDAY CLOSE@3:45PM SUNDAY CLOSE @12:45PM							