

# SAMPLE MONTH FITNESS CLASS CALENDAR



| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|---|---|--|--|--|--|---|
| <p><b>Here's a glimpse of the broad selection of fitness classes offered at Rogue Valley Manor.</b></p> |   | <p><b>While the following calendar provides a snapshot of the classes available now, our offerings evolve with the preferences of our dynamic community.</b></p>                                 |  |  |  |   |
|   | <p><b>1</b></p> <p>9:00 Zumba<br/>10:00 Yoga<br/>10:30 Aqua Conditioning<br/>11:15 Jazzercise<br/>11:30 Seated Stretch<br/>1:30 Golf Conditioning<br/>2:30 Primal Movement</p>  | <p><b>2</b></p> <p>8:00 REFIT<br/>9:15 Stretch &amp; Balance<br/>10:00 Aqua Balance<br/>10:15 Core Conditioning<br/>11:15 Functional Fitness<br/>1:30 Restorative Movement<br/>2:30 Pilates</p>  | <p><b>3</b></p> <p>9:00 Zumba<br/>9:00 Seated Stretch<br/>10:00 Yoga<br/>10:30 Aqua Conditioning<br/>11:30 Strength<br/>1:30 Seated Stretch</p>  | <p><b>4</b></p> <p>8:00 REFIT<br/>9:15 Stretch &amp; Balance<br/>10:00 Aqua Balance<br/>10:15 Core Conditioning<br/>11:15 Functional Fitness<br/>2:30 Pilates</p>  | <p><b>5</b></p> <p>8:00 Jazzercise<br/>9:00 Strength<br/>10:00 Chair Yoga<br/>10:30 Aqua Conditioning</p>  | <p><b>6</b></p> <p>9:00 Yoga Basics<br/>10:30 Line Dancing</p>  |
| <b>7</b>  | <p><b>8</b></p> <p>9:00 Zumba<br/>10:00 Yoga<br/>10:30 Aqua Conditioning<br/>11:15 Jazzercise<br/>11:30 Seated Stretch<br/>1:30 Golf Conditioning<br/>2:30 Primal Movement</p>  | <p><b>9</b></p> <p>8:00 REFIT<br/>9:15 Stretch &amp; Balance<br/>10:00 Aqua Balance<br/>10:15 Core Conditioning<br/>11:15 Functional Fitness<br/>1:30 Restorative Movement<br/>2:30 Pilates</p>  | <p><b>10</b></p> <p>9:00 Zumba<br/>9:00 Seated Stretch<br/>10:00 Yoga<br/>10:30 Aqua Conditioning<br/>11:30 Strength<br/>1:30 Seated Stretch</p> | <p><b>11</b></p> <p>8:00 REFIT<br/>9:15 Stretch &amp; Balance<br/>10:00 Aqua Balance<br/>10:15 Core Conditioning<br/>11:15 Functional Fitness<br/>2:30 Pilates</p> | <p><b>12</b></p> <p>8:00 Jazzercise<br/>9:00 Strength<br/>10:00 Chair Yoga<br/>10:30 Aqua Conditioning</p> | <p><b>13</b></p> <p>9:00 Yoga Basics<br/>10:30 Line Dancing</p> |
| <b>14</b>   | <p><b>15</b></p> <p>9:00 Zumba<br/>10:00 Yoga<br/>10:30 Aqua Conditioning<br/>11:15 Jazzercise<br/>11:30 Seated Stretch<br/>1:30 Golf Conditioning<br/>2:30 Primal Movement</p> | <p><b>16</b></p> <p>8:00 REFIT<br/>9:15 Stretch &amp; Balance<br/>10:00 Aqua Balance<br/>10:15 Core Conditioning<br/>11:15 Functional Fitness<br/>1:30 Restorative Movement<br/>2:30 Pilates</p> | <p><b>17</b></p> <p>9:00 Zumba<br/>9:00 Seated Stretch<br/>10:00 Yoga<br/>10:30 Aqua Conditioning<br/>11:30 Strength<br/>1:30 Seated Stretch</p> | <p><b>18</b></p> <p>8:00 REFIT<br/>9:15 Stretch &amp; Balance<br/>10:00 Aqua Balance<br/>10:15 Core Conditioning<br/>11:15 Functional Fitness<br/>2:30 Pilates</p> | <p><b>19</b></p> <p>8:00 Jazzercise<br/>9:00 Strength<br/>10:00 Chair Yoga<br/>10:30 Aqua Conditioning</p> | <p><b>20</b></p> <p>9:00 Yoga Basics<br/>10:30 Line Dancing</p> |
| <b>21</b>   | <p><b>22</b></p> <p>9:00 Zumba<br/>10:00 Yoga<br/>10:30 Aqua Conditioning<br/>11:15 Jazzercise<br/>11:30 Seated Stretch<br/>1:30 Golf Conditioning<br/>2:30 Primal Movement</p> | <p><b>23</b></p> <p>8:00 REFIT<br/>9:15 Stretch &amp; Balance<br/>10:00 Aqua Balance<br/>10:15 Core Conditioning<br/>11:15 Functional Fitness<br/>1:30 Restorative Movement<br/>2:30 Pilates</p> | <p><b>24</b></p> <p>9:00 Zumba<br/>9:00 Seated Stretch<br/>10:00 Yoga<br/>10:30 Aqua Conditioning<br/>11:30 Strength<br/>1:30 Seated Stretch</p> | <p><b>25</b></p> <p>8:00 REFIT<br/>9:15 Stretch &amp; Balance<br/>10:00 Aqua Balance<br/>10:15 Core Conditioning<br/>11:15 Functional Fitness<br/>2:30 Pilates</p> | <p><b>26</b></p> <p>8:00 Jazzercise<br/>9:00 Strength<br/>10:00 Chair Yoga<br/>10:30 Aqua Conditioning</p> | <p><b>27</b></p> <p>9:00 Yoga Basics<br/>10:30 Line Dancing</p> |
| <b>28</b>   | <p><b>29</b></p> <p>9:00 Zumba<br/>10:00 Yoga<br/>10:30 Aqua Conditioning<br/>11:15 Jazzercise<br/>11:30 Seated Stretch<br/>1:30 Golf Conditioning<br/>2:30 Primal Movement</p> | <p><b>30</b></p> <p>8:00 REFIT<br/>9:15 Stretch &amp; Balance<br/>10:00 Aqua Balance<br/>10:15 Core Conditioning<br/>11:15 Functional Fitness<br/>1:30 Restorative Movement<br/>2:30 Pilates</p> |  |  |  |   |