

						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;"><i>September Specials</i></p> <p><i>Evening Yoga: Sept. 6<sup>th</sup></i>      <i>CoreFit: Sept. 10<sup>th</sup> &amp; 24<sup>th</sup></i></p> <p><i>Gentle Yoga: Sept. 13<sup>th</sup> &amp; 27<sup>th</sup></i>      <i>Strength/Core: Sept. 23<sup>rd</sup></i></p>					<p>1 8am Cravin' Cardio <i>Lisa</i> 9:30am Yoga <i>Brian</i></p>	<p>2 9:30am Sweat N Pump <i>Amy</i> 11:30am Karate <i>Bill</i></p>
<p>3 9:30am TriFit <i>Amy</i></p>	<p>4 Labor Day </p>	<p>5 9:30am CardioPlus <i>Janice</i> 7pm Karate <i>Bill</i></p>	<p>6 9:30am Easy Fit <i>Amy</i> 6pm Yoga <i>Jody</i></p>	<p>7 8am 30/20/10 <i>Lisa</i> 7pm Karate <i>Bill</i></p>	<p>8 8am Cravin' Cardio <i>Janice</i> 9:30am Yoga <i>Jody</i> </p>	<p>9 9:30am Pilates <i>Deirdre</i> 11:30am Karate <i>Bill</i></p>
<p>10 9:30am CoreFit <i>Janice</i> </p>	<p>11 12pm Tennis Yoga <i>Jody</i> 6pm Cardio/Strength N Core <i>Jackie</i></p>	<p>12 9:30am CardioPlus <i>Janice</i> 7pm Karate <i>Bill</i></p>	<p>13 9:30am Gentle Yoga <i>Deirdre</i> 6pm Sweat N Pump <i>Sue</i></p>	<p>14 8am 30/20/10 <i>Lisa</i> 7pm Karate <i>Bill</i> </p>	<p>15 8am Cravin' Cardio <i>Lisa</i> 9:30am Yoga <i>Brian</i></p>	<p>16 9:30am Sweat N Pump <i>Amy</i> 11:30am Karate <i>Bill</i></p>
<p>17 9:30am TriFit <i>Amy</i></p>	<p>18 12pm Tennis Yoga <i>Dee</i> 6pm Cardio/Strength N Core <i>Jackie</i></p>	<p>19 9:30am CardioPlus <i>Janice</i> 7pm Karate <i>Bill</i> </p>	<p>20 9:30am Easy Fit <i>Amy</i> 6pm Sweat N Pump <i>Sue</i></p>	<p>21 8am 30/20/10 <i>Lisa</i> 7pm Karate <i>Bill</i></p>	<p>22 8am Cravin' Cardio <i>Lisa</i> 9:30am Yoga <i>Dee</i></p>	<p>23 9:30am Strength/Core <i>Sue</i> 11:30am Karate <i>Bill</i></p>
<p>24 9:30am CoreFit <i>Janice</i></p>	<p>25 12pm Tennis Yoga <i>Janice</i> 6pm Sweat N Pump <i>Amy</i></p>	<p>26 9:30am CardioPlus <i>Janice</i> 7pm Karate <i>Bill</i></p>	<p>27 9:30am Gentle Yoga <i>Deirdre</i> 6pm Sweat N Pump <i>Jackie</i></p>	<p>28 8am 30/20/10 <i>Lisa</i> 7pm Karate <i>Bill</i></p>	<p>29 8am Cravin' Cardio <i>Lisa</i> 9:30am Yoga <i>Janice</i> </p>	<p>30 9:30am Sweat N Pump <i>Janice</i> 11:30am Karate <i>Bill</i></p>
<p><i>Group exercise classes are included in club fitness fees...all levels welcome! Take advantage of the classes Raintree has to offer and have fun working out! Please arrive to class on time so as to take advantage of the warm-up at the beginning of each class. Any questions, concerns, or suggestions about the schedule, please contact Amy Kirchoff at amy_kirchoff@hotmail.com or cell, 804-516-6603. For martial arts classes please contact Bill Glasheen, 804-357-6593 or billglasheen@aol.com; or, Harry Deutsch, 804-273-0385 or mrharry99@yahoo.com. Contact the front desk concerning additional information and fees.</i></p> <p style="text-align: center;"><i>raintreesportsrova.com</i></p>						