








Raintree Group Exercise Schedule

Class descriptions on back

March 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>*Please note class change in March: March 9th will be Cardio Stretch, 9:30 am</i> <i>Saturday Yoga: March 17th</i> <i>Sunday Yoga: March 25th</i></p>				<p>1 7pm Karate Bill</p>	<p>2 9:30am Yoga Brian</p>	<p>3 9:30am Sweat N Pump Janice 11:30am Karate Bill</p>
<p>4 9:30am CORE Janice</p>	<p>5 12pm Tennis Yoga Dee 6pm Cardio/Strength N Core Jackie</p>	<p>6 9:30am CardioPlus Janice 7pm Karate Bill </p>	<p>7 9:30am Easy Fit Janice 6pm Sweat N Pump Deirdre</p>	<p>8 7pm Karate Bill </p>	<p>9 9:30am *Cardio Stretch Amy</p>	<p>10 9:30am Sweat N Pump Amy 11:30am Karate Bill</p>
<p>11 9:30am TriFit Amy </p>	<p>12 12pm Tennis Yoga Deirdre 6pm Cardio/Strength N Core Jackie</p>	<p>13 9:30am CardioPlus Janice 7pm Karate Bill</p>	<p>14 9:30am Easy Fit Amy 6pm Sweat N Pump Deirdre</p>	<p>15 7pm Karate Bill</p>	<p>16 9:30am Yoga Brian</p>	<p>17 9:30am Yoga Jody 11:30am Karate Bill <i>St. Patrick's Day</i></p>
<p>18 9:30am TriFit Amy</p>	<p>19 12pm Tennis Yoga Brian 6pm Cardio/Strength N Core Jackie</p>	<p>20 9:30am CardioPlus Janice 7pm Karate Bill </p>	<p>21 9:30am Easy Fit Amy 6pm Yoga Deirdre</p>	<p>22 7pm Karate Bill</p>	<p>23 9:30am Yoga Brian </p>	<p>24 9:30am Sweat N Pump Amy 11:30am Karate Bill</p>
<p>25 9:30am Yoga Jody </p>	<p>26 12pm Tennis Yoga Dee 6pm Cardio/Strength N Core Jackie</p>	<p>27 9:30am CardioPlus Janice 7pm Karate Bill</p>	<p>28 9:30am Easy Fit Janice 6pm Sweat N Pump Deirdre</p>	<p>29 7pm Karate Bill </p>	<p>30 9:30am Yoga Janice</p>	<p>31 9:30am Sweat N Pump Janice 11:30am Karate Bill</p>

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.
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