



# Raintree Group Exercise Schedule

Class descriptions on back



# May 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>May Specials:</b> CORE: May 27th Sunday yoga: May 6 <sup>th</sup> & 20 <sup>th</sup> Evening yoga: May 30 <sup>th</sup> Lakeside Fit: May 14 <sup>th</sup>		1 7pm Karate Bill	2 9:30am Easy Fit Janice 6pm Sweat N Pump Amy	3 7pm Karate Bill	4 9:30am Yoga Janice	5 9:30am Sweat N Pump Amy 11:30am Karate Bill
6 9:30am Yoga Jody	7 12pm Tennis Yoga Brian 6pm Cardio/Strength N Core Jackie	8 7pm Karate Bill	9 9:30am Easy Fit Amy 6pm Sweat N Pump Lisa	10 7pm Karate Bill	11 9:30am Yoga Brian	12 9:30am Sweat N Pump Janice 11:30am Karate Bill
13 9:30am TriFit Amy	14 12pm Lakeside Fit Amy 6pm Cardio/Strength N Core Jackie	15 7pm Karate Bill	16 9:30am Easy Fit Janice 6pm Sweat N Pump Lisa	17 7pm Karate Bill	18 9:30am Yoga Brian	19 9:30am Sweat N Pump Amy 11:30am Karate Bill
20 9:30am Yoga Dee	21 12pm Tennis Yoga Janice 6pm Cardio/Strength N Core Jackie	22 7pm Karate Bill	23 9:30am Easy Fit Amy 6pm Sweat N Pump Janice	24 7pm Karate Bill	25 9:30am Yoga Brian	26 9:30am Sweat N Pump Janice 11:30am Karate Bill
27 9:30am CORE Janice	28 Memorial Day 	29 7pm Karate Bill	30 9:30am Easy Fit Janice 6pm Yoga Jody	31 7pm Karate Bill	Exercising off the court is a great way to improve your play on the court! Take a class today! 	

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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