

# EASTER WEEKEND SPECIAL SCHEDULE

## RIVER ROAD CLASSES + GROUP TRAINING

APRIL 3-6, 2026

### FRIDAY, APRIL 3

#### CLASSES

*\*ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP\**

5:30am	<b>CHISEL</b>	Jordan
6:00am	<b>HOT PILATES BURN</b>	Kenna
7:15am	<b>HEALTHY POSTURE</b>	Lorri
9:30am	<b>GROUP POWER</b>	Deb/Sheri
10:45am	<b>POWER FLOW</b>	Sunhee
12:15pm	<b>HEALTHY POSTURE</b>	Lorri

#### GROUP TRAINING

*\*ZONE/GROUP TRAINING MEMBERSHIP REQUIRED\**

8:30am	<b>TOTAL</b>	Sheri
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#### REFORMER STUDIO 9

*\*REFORMER MEMBERSHIP REQUIRED\**

7:00am	<b>FUNDAMENTAL FLOW</b>	Bailey
11:00am	<b>BOOTY BURN</b>	Cassie
12:00pm	<b>BREATHE</b>	Cassie

#### REFORMER STUDIO 7

*\*REFORMER MEMBERSHIP REQUIRED\**

8:30am	<b>FUNDAMENTAL FLOW</b>	Bailey
9:30am	<b>BURN</b>	Bailey

### SATURDAY, APRIL 4

#### CLASSES

*\*ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP\**

7:30am	<b>HOT PILATES BURN</b>	Nicole B
8:00am	<b>HIGH FITNESS</b>	Heather
8:30am	<b>HEALTHY POSTURE</b>	Lorri
8:30am	<b>SPIN</b>	Micah
9:45am	<b>BARRE</b>	Micah
10:45am	<b>POWER FLOW</b>	Micah

#### REFORMER STUDIO 9

*\*REFORMER MEMBERSHIP REQUIRED\**

7:00am	<b>BOOTY BURN</b>	Aly
8:00am	<b>FUNDAMENTAL FLOW</b>	Aly
9:00am	<b>BURN</b>	Amy D
10:00am	<b>CARDIO FLOW</b>	Amy D

### SUNDAY, APRIL 5

#### CLASSES

*\*ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP\**

9:15am	<b>VINYASA</b>	Haylee L
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### MONDAY, APRIL 6

#### CLASSES

*\*ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP\**

6:00am	<b>BARRE</b>	Haylee L
7:15am	<b>HEALTHY POSTURE</b>	Lorri
7:30am	<b>SPIN</b>	Emily N
8:30am	<b>ROAD RIDE</b>	Nicole S
8:30am	<b>MAT PILATES</b>	Micah
9:30am	<b>TRX</b>	Nicole S
9:30am	<b>BARRE</b>	Brittney
9:30am	<b>GROUP POWER</b>	Deb
12:15pm	<b>HEALTHY POSTURE</b>	Lorri
2:00pm	<b>AQUAFIT</b>	Tamee
7:45pm	<b>HOT PILATES BURN</b>	Kenna

#### GROUP TRAINING

*\*ZONE/GROUP TRAINING MEMBERSHIP REQUIRED\**

8:30am	<b>TOTAL</b>	Maria
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#### REFORMER STUDIO 9

*\*REFORMER MEMBERSHIP REQUIRED\**

6:00am	<b>BOOTY BURN</b>	Aly
7:00am	<b>FLOW</b>	Amy D
8:00am	<b>CONTROL</b>	Amy D
9:00am	<b>CARDIO FLOW</b>	Lindsay M
11:00am	<b>FUNDAMENTAL FLOW</b>	Erika
12:00pm	<b>BURN</b>	Erika
5:30pm	<b>BURN</b>	Erika
6:30pm	<b>BOOTY BURN</b>	Erika

#### REFORMER STUDIO 7

*\*REFORMER MEMBERSHIP REQUIRED\**

9:30am	<b>FLOW</b>	Amy D
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