






Raintree Group Exercise Schedule **SIGN-UP REQUIRED: CALL FRONT DESK AT 740-0026** Class descriptions on back  
**2 PEOPLE REQUIRED FOR A CLASS TO MEET**

						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>May Specials:</b> <i>Legs N Core - May 1<sup>st</sup> &amp; 15<sup>th</sup>, 9:30 am</i> <i>Cardio N Core - May 25<sup>th</sup>, 9:00 am</i>			<b>1</b> 9:30am Legs N Core <i>Amy</i>	<b>2</b> 6pm TSFT <i>Emil</i> (private class)  7pm Karate <i>Bill</i>	<b>3</b> 9:30am Yoga <i>Janice</i>	<b>4</b> 9:00am Sweat N Pump <i>Amy</i>  11:30am Karate <i>Bill</i>
<b>5</b> 	<b>6</b> 6pm Cardio/Strength N Core <i>Janice</i>	<b>7</b> 7pm Karate <i>Bill</i>	<b>8</b> 9:30am Tennis Yoga <i>Janice</i>	<b>9</b> 6pm TSFT <i>Emil</i> (private class)  7pm Karate <i>Bill</i>	<b>10</b> 9:30am Yoga <i>Brian</i>	<b>11</b> 9:00am Sweat N Pump <i>Janice</i>  11:30am Karate <i>Bill</i>
<b>12</b> <i>Mother's Day</i> 	<b>13</b> 6pm Cardio/Strength N Core <i>Deirdre</i>	<b>14</b> 7pm Karate <i>Bill</i>	<b>15</b> 9:30am Legs N Core <i>Amy</i>	<b>16</b> 6pm TSFT <i>Emil</i> (private class)  7pm Karate <i>Bill</i>	<b>17</b> 9:30am Yoga <i>Janice</i>	<b>18</b> 9:00am Sweat N Pump <i>Deirdre</i>  11:30am Karate <i>Bill</i>
<b>19</b> <i>Improve your Tennis game!</i>	<b>20</b> 6pm Cardio/Strength N Core <i>Lisa</i>	<b>21</b> 7pm Karate <i>Bill</i>	<b>22</b> 9:30am Tennis Yoga <i>Janice</i>	<b>23</b> 6pm TSFT <i>Emil</i> (private class)  7pm Karate <i>Bill</i>	<b>24</b> 9:30am Yoga <i>Deirdre</i>	<b>25</b> 9:00am Cardio N Core <i>Lisa</i>  11:30am Karate <i>Bill</i>
<b>26</b> <i>Sign up for a class today!</i>	<b>27</b> <i>Memorial Day</i> 	<b>28</b> 7pm Karate <i>Bill</i>	<b>29</b> 9:30am Tennis Yoga <i>Janice</i>	<b>30</b> 6pm TSFT <i>Emil</i> (private class)  7pm Karate <i>Bill</i>	<b>31</b> 9:30am Yoga <i>Janice</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 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; or, Harry Deutsch, 804-273-0385 or mrharry99@yahoo.com. For Tennis Specific Footwork Training (TSFT) please contact Emil at emo_vassilev@hotmail.com. Contact the front desk concerning additional information and fees.						
<a href="http://raintreesportsrva.com">raintreesportsrva.com</a>						