

The Riverside Club-Class Schedule

In Effect June 21 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Quick Fit - Karen/DD 9:15 - 10:00 am	Cardio Moves DD/Karen 9:00 - 9:50 am	Quick Fit - Karen/DD 9:15 - 10:00 am		HIIT Jenny 9:00 - 9:45 am
Gentle Fit - Sarah 10:00 - 11:00 am		Gentle Fit-DD/Karen 10:00 - 11:00 am		Gentle Fit - Sarah 10:00 - 11:00 am	
			Aqua-Fit 11:00 - 12:00		
		*Drop In Yoga Gary 1:00 to 2:00 pm			
Body Blast - Jenny 5:30 - 6:30 pm		Sunshine Circuit Rachel 5:30 - 6:30 pm			
	Womens Only Kick Boxing- Janice 6:35 - 7:35 pm	Speed Training - Janice (outdoor class) 6:15 - 7:15 pm	Work It Laura 6:30 - 7:30 pm		
	Aqua-Fit 6:30 - 7:30pm				
	Tough Mutha - Janice 7:45 - 8:45 pm				

Yellow Classes-are included in membership and subject to a guest fee for non-members

*Orange Classes-are specialty classes

Green Classes-contact the instructor to register

(No classes long weekends or stat holidays)

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www.theriverside.ca