



Riverside Club

FITNESS - TENNIS - POOL

SPECIALTY CLASSES Fall-2017

CLASS	# of classes	DAY	Dates	TIME	\$ Members	\$ Non-Members
Restorative Yoga Carol	12	Monday	No Demo Sept 18 – Dec 11	6:45 – 8:00 pm	\$85.00	\$170.00
Recovery Yoga Melissa	13	Tuesday	Demo Class-Sept 12 Sept 19 – Dec 12	5:25 – 6:25 pm	\$90.00	\$180.00
Yoga at 1:00 Gary	13	Wednesday	Demo Class-Sept 13 Sept 20 – Dec 13	1:00 – 2:00 pm	\$90.00	\$180.00
Yin/Yang Yoga Rachel	13	Wednesday	Demo Class-Sept 13 Sept 20 – Dec 13	6:45 – 8:00 pm	\$90.00	\$180.00
Intro to Kickboxing	13	Fridays	Demo Class-Sept 15 Sept 22 – Dec 15	11:30 – 12:30 pm	\$90.00	\$180.00
BARRE (ballet + pilates) Mandy	9	Saturdays	Demo Class -Sept 16 Oct 14 – Dec 16	10:00 – 11:00 am	\$65.00	\$130.00

No classes Long Weekends or Stat Holidays (Oct 7, 9 and Nov 11)

**110 Point McKay Cr NW
403-283-3200**