

The Riverside Club-Class Schedule

In Effect Sept 11 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Moves with DD 9:00 - 9:50 am	Quick Fit - Karen 9:00 - 9:45 am	Cardio Moves with DD 9:00 - 9:50 am	Quick Fit - Karen 9:00 - 9:45 am		HIIT Jenny 9:00 - 9:45 am
Gentle Fit - Sarah J 10:00 - 11:00 am (Tennis Court)	Ball & Core for Moms & Babies (Janine) 10:30 - 11:30 am	Gentle Fit-DD 10:00 - 11:00 am (Tennis Court)	Ball & Core for Moms & Babies (Janine) 10:30 - 11:30 am	Gentle Fit - Sarah J 10:00 - 11:00 am (Tennis Court)	Barre-Mandy (ballet-pilates) 10:00 - 11:00 am
Balletiques Moms & Babies (Sarah S) 10:30 - 11:30 am			Aqua-Fit - Wendy 11:00 - 12:00	Intro to Kickboxing Sarah J 11:30 to 12:30 pm	YOGA 101 11:30-12:30 (LANDMARK HEALTH)
Balletiques Barre Fitness (Sarah S) 11:30 - 12:30 am		Yoga at ONE Gary 1:00 to 2:00 pm			
Body Blast - Jenny 5:30 - 6:30 pm	Recovery Yoga Melissa 5:25 - 6:25 pm	Pump It Up - Rachel 5:30 - 6:30 pm			
	Aqua-Fit - Wendy 6:30 - 7:30pm			ZEN H2O Cindy Walker 6:00 - 6:45 pm	
Restorative Yoga-Carol 6:45 - 8:00 pm	Womens Only Kick Boxing- Janice 6:35 - 7:35 pm	Yin/Yang Yoga Rachel 6:45 - 8:00 pm	Body Works Laura Gurski 6:30 - 7:30 pm		
	Tough Mutha - Janice 7:45 - 8:45 pm				

Yellow Classes-Free for Members. Non-members pay drop in fees

Orange Classes-Register @ Reception (Members and Non-Members)

Green Classes-Contact the Instructor to register

(No classes long weekends or stat holidays)

110 Point McKay Cr NW

403-283-3200

www.theriverside.ca