

The Riverside Club-Class Schedule-In effect May 1, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Cardio, Core & More Karen 9:00 - 9:50 am <i>(Studio)</i>		
					Aqua Fit - Wendy 9:30 - 10:30 am <i>(Pool)</i>
Gentle Fit - Gail 10:00 - 11:00 am <i>(Tennis Court)</i>		Gentle Fit - Megan 10:00 - 11:00 am <i>(Tennis Court)</i>		Gentle Fit - Megan 10:00 - 11:00 am <i>(Tennis Court)</i>	
Aqua Fit - Judi 11:00 - 12:00 am <i>(Pool)</i>			Aqua Fit - Wendy 11:00 - 12:00 am <i>(Pool)</i>		
	Barre & Ball - Judi 12:15 - 1:15 <i>(Studio)</i>				
Yoga Flow-Judy 5:15 - 6:15 <i>(Studio)</i>	Body Works - Gail 5:15 - 6:15 pm <i>(Studio)</i>	Zumba Gold - Nico 5:30 - 6:30 pm <i>(Studio)</i>	Gentle Yoga - Sarah 5:15 - 6:15 pm <i>(Studio)</i>		

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

Class schedule is subject to change

(No classes long weekends or stat holidays)

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www.theriverside.ca