

The Riverside Club-Class Schedule-In effect Sept 9, 2024

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

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