

The Riverside Club-Class Schedule-In effect March 2, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio, Core & More Kim/Karen 9:00 - 9:50 am <i>(Studio)</i>		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>(Studio)</i>		Gentle Fit - Kim 10:00 - 11:00 am <i>(Studio)</i>		Gentle Fit - Val 10:00 - 11:00 am <i>(Studio)</i>	Zumba - Nico 10:00 - 11:00 pm <i>(Studio)</i>
Aqua Fit - Kim 11:00 - 12:00 am <i>(Pool)</i>			Aqua Fit - Wendy 11:00 - 12:00 am <i>(Pool)</i>		
				Aqua Fit - Kim 1:00 - 2:00 pm <i>(Pool)</i>	
Yoga Flow-Judy 5:30 - 6:30 <i>(Studio)</i>	Body Works 5:30 - 6:30 pm <i>(Studio)</i>	Zumba - Nico 5:30 - 6:30 pm <i>(Studio)</i>	Pilates - Sandi 5:30 - 6:30 pm <i>(Studio)</i>	Gentle Yoga-Sarah 5:30 - 6:30 <i>(Studio)</i>	

Classes in Yellow-Free for Members, Non-Members pay drop in fees

(No classes long weekends or stat holidays)

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www.theriverside.ca