

The Riverside Club-Class Schedule-In effect May, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gentle Fit - Gail 9:00 - 9:45 am (Studio)	Cardio, Core & More Karen 9:00 - 9:50 am (Studio)		Cardio, Core & More Karen 9:00 - 9:50 am (Studio)	Gentle Fit - Val 9:00 - 9:45 am (Studio)	Aqua Fit - Wendy 9:30 - 10:30 am (Pool)
Gentle Fit - Gail 10:00 - 10:45 am (Studio)		Gentle Fit - Megan 10:00 - 11:00 am (Studio)		Gentle Fit - Val 10:00 - 10:45 am (Studio)	Zumba - Nico 10:00 - 11:00 am (Studio)
Aqua Fit - Tamara 11:00 - 12:00 am (Pool) Ends-May 11		Aqua Fit - Tamara 11:00 - 12:00 am (Pool) Starts-May 27	Aqua Fit - Wendy 11:00 - 12:00 am (Pool)		
		Strength & Stretch Karen 11:15 - 12:00 Starts May 20 (6 wks)			
				Aqua Fit - Tamara 1:00 - 2:00 pm (Pool)	
Yoga Flow-Judy 5:30 - 6:30 (Studio)	Body Works 5:30 - 6:30 pm (Studio)	Zumba - Nico 5:30 - 6:30 pm (Studio)	Pilates - Sandi 5:30 - 6:30 pm (Studio)	Gentle Yoga-Sarah 5:30 - 6:30 (Studio)	

Drop In Classes are free for Members, Non-Members pay drop in fees

(No classes long weekends or stat holidays)

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403-283-3200

www.theriverside.ca