



The Riverside Club-Class Schedule-In effect August 1, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio, Core & More Karen 9:00 - 9:50 am (Studio)		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 (Studio)		Gentle Fit - Megan 10:00 - 11:00 am (Studio)		Gentle Fit - Megan 10:00 - 11:00 am (Studio)	Zumba - Nico 9:30 - 10:30 am (Studio)
		Aqua Fit - Tamara 11:15 - 12:15 (Pool)	Aqua Fit - Wendy 11:00 - 12:00 (Pool)		
				Aqua Fit - Tamara 1:00 -2:00 pm (Pool)	
Yoga Flow-Judy 5:30 -6:30 pm (Studio)	Body Works 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)

110 Point McKay Cr NW

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www.theriverside.ca