



Riverside Club
FITNESS • SPORTS • WELLNESS

Fitness Class Schedule

In effect January 1st, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Quick Fit - Lindsay 6:15 - 7:00 am		
	Quick Fit - Lindsay 9:00 - 9:45 am				Body Works - Laura 9:00 - 10:00 am
Gentle Fit - Laura 10:00 - 11:00 am		Gentle Fit - Lindsay 10:00 - 11:00 am		Gentle Fit - DD 10:00 - 11:00 am	
		* Yoga Level 1 - Nyk 12:00 - 1:15 pm			
Pump It Up - Laura 5:30 - 6:30 pm	* Zumba - Alita 5:30 - 6:30 pm	* Pilates & More - Stephanie 5:00 - 6:00 pm	* Yoga Level 1 - Nyk 5:15 - 6:30 pm		
	Aqua-Fit - Wendy 6:30 - 7:30 pm		Aqua-Fit - Theresa 6:00 - 7:00 pm		
* Zumba Gold - DD 6:35 - 7:35 pm		Cardio, Core & More Lindsay 6:15 - 7:15 pm	* Yoga Level 2 - Nyk 6:45 - 8:00 pm		

Classes highlighted in yellow are included in membership and subject to a guest fee for non-members

*All other classes are Specialty Classes which require pre-registration through reception

110 Point McKay Cr NW

403-283-3200

www.theriverside.ca