

**GROUP FITNESS CLASS SCHEDULE In Effect April 1, 2010**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				JUMP START 6:10 - 7:00 am	
	*W.O.W Women on Weights 9:30 - 10:30 am		*W.O.W Women on Weights 9:30 - 10:30 am		BODY WORKS 9:00 -10:00 am
*HARD CORE 10:00 - 11:00 am					*ZUMBA 10:00 - 11:00 am
GENTLE FIT 10:00 -11:00 am		GENTLE FIT 10:00 -11:00 am		GENTLE FIT 10:00 -11:00 am	*ZUMBA GOLD beginner level 11:30 - 12:30 am
		*YOGA Level 1 12:00 to 1:15 pm			
PUMP IT UP 5:30 - 6:25 pm	* Gentle YOGA 5:00 to 6:00pm	BODY WORKS 5:30-6:25 pm	* YOGA Level 1 5:15 to 6:30 pm		
*HARD CORE 6:30 - 7:25 pm	AQUA-FIT 6:30 -7:30 pm	*HARD CORE 6:30 - 7:30 pm	AQUA-FIT 6:30 -7:30 pm		
		*ZUMBA 7:30 - 8:30 pm	* YOGA Level 2 6:45 to 8:00 pm		



Coming July & August 2010!



Eating seasonal food is better for your health and for the environment. Not only does seasonal food taste better because it is ‘vine-fresh’, but nutritionally loaded for the same reason. It also travels fewer ‘food miles’, increasing the sustainability of our food chain. Enjoy the Spring and Summer, Eat Green!

Trainer: Shannon Hinds



The great thing about reading a good quote is that they can help us to feel calmed, focused, and inspired (among other things). Here are a few of my favourites:

*"Well begun is half done" - Aristotle*

*"Don't wait. The time will never be just right." - Napoleon Hill*

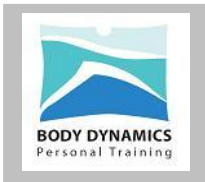
*"The temptation to quit will be greatest just before you are about to succeed." – Proverb*

Trainer: Kristian Leach



The weather is starting to warm and there is an audible buzz in the city as we prepare to begin the 2010 golf season. To get the most out of your season this year have fun, play free and keep it in the short grass!

Trainer: Shannon Mantrop



“We all have the means to bestow on others the most lavish gifts; love, joy, peace, hope, kindness, acceptance,

encouragement, laughter, forgiveness, time. There is not enough money to buy them and not too little money to give them. The more you spend, the wealthier you become; yet nothing will cost you more than what you freely possess to give.”

Eden Eliot

Trainer: Doreen Holden “DD”



"Nothing is worth pursuing unless you have to work harder than you have ever worked before to achieve it."

Trainer: Christine Mckenzie



Time to spring clean your self-image. No more wasting your time being down on yourself. Instead take this opportunity to learn how to like yourself and be true to yourself. Don't obsess about your appearance. You've got better things to do. Respect your body, celebrate your success, be confident and DREAM. Figure out what you love about yourself and let it shine. Above all BELIEVE IN YOURSELF!

Trainer: Janice MacAulay

We are conveniently located at the corner of Memorial Drive and Shaganappi Trail NW, along the Bow River Pathway, and just below the new Children's Hospital at:  
110 Point McKay Cres NW  
Calgary, AB T3B 5B4

(403) 283-3200 [www.theriverside.ca](http://www.theriverside.ca)



It was close to five years ago that I was hired as Fitness Director for the Riverside Club. The Club was in the first phase of renovations.

The Riverside Spa and Sports Therapy had just opened and the Women's Wellness Centre was a new addition to the fitness facility, replacing the old squash courts. Construction on the coed area was still in the planning process. Many of the long term members stayed with us and endured the dust and we are pleased to have them with us today.

What a transformation from then to now. We went from an old, dark and tattered gym to a warm, spacious and well-equipped health and wellness facility. It has been an amazing experience, watching the club flourish into what it is today.

Since the completion of the fitness facility we have significantly increased membership and welcome the new and diverse clients we are attracting. The Club offers many new quality fitness programs like Zumba, Women on Weights, Hard Core Pilates and many more. Our personal trainers are highly qualified and provide education and motivation to help their clients achieve their fitness goals.

The Riverside staff is dedicated to offering first class services to our members and strives to provide a warm and friendly environment. Fun and fitness go hand in hand and that is what we have created, a fun environment where everybody knows your name.

It has been my pleasure to be part of such a dynamic team and progressive, exciting development. I look forward to many more positive experiences at The Riverside Club.

*Vicky Shields*

### *Quinoa: The past catches up.*

Quinoa originated in the Andean region of South America, where it still resides as an important staple after 6,000 years. Quinoa is actually a Quechua name, which precedes the Spanish presence in South America. Quinoa is generally undemanding and altitude-hardy, so it can be easily cultivated in the Andes up to about 4,000 meters.

Recently, quinoa has become highly appreciated for its nutritional value, as its protein content is very high (12%–18%), making it a healthy choice for anyone on any diet. Unlike wheat or rice (which are low in lysine), quinoa contains a balanced set of essential amino acids for humans, making it an unusually complete protein source. It is also a good source of dietary fiber and phosphorus and is high in magnesium and iron. Quinoa is gluten-free and considered easy to digest. Because of all these characteristics, quinoa is being considered a possible crop in NASA's Controlled Ecological Life Support System for long-duration manned spaceflights.

The most common cooking method for quinoa is to treat it like rice, bringing two cups of water to a boil with one cup of grain, covering at a low simmer and cooking for 14–18 minutes or until the germ separates from the seed. The cooked germ looks like a tiny curl and should have an *al dente* bite. You can also use a rice cooker to cook it just like white rice.

*Oren Lamon-Fischer*