



RIVERSIDE

HEALTH CLUB

INCLUDED IN YOUR MEMBERSHIP!

Download our Riverside Health Club app to keep your schedule fresh.

GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	Centergy	Active	Centergy	Power	Active		
			Ride				
7:00AM						Blast	
8:00AM	Centergy	Blast	Centergy	Active	Blast	Power	
9:00AM	Power	Active	Power		Power	Zumba	Zumba
		Ride		Ride		Ride	
10:00AM	Yoga	Power	Yoga		Restorative Yoga		
		Barre		Barre			
12:00PM	Power						
1:15PM	Silver Sneakers		Silver Sneakers		Silver Sneakers		
4:30PM	Zumba	Centergy	Zumba				
5:30PM	Active	Zumba	Power	Centergy			
5:30PM	Ride						
6:30PM	Centergy						

WATER FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	Aqua Freestyle with Sue		Aqua Freestyle with Sue				
8:00AM						Aqua Freestyle with Christy or Tracy	
9:00AM		Aqua Zumba with Nancy		Aqua Zumba with Nancy	Water Volleyball Member-Led		
9:30AM	Aqua Freestyle with Robin		Aqua Freestyle with Robin				
11:00AM	Aqua Arthritis with Christy		Aqua Arthritis with Majestyk				
1:15PM	Aqua Freestyle with Tracy	Aqua Pilates with Kyli	Aqua Freestyle with Tracy	Aqua Pilates with Kyli			
2:05PM	Aqua Freestyle with Majestyk						
5:30PM		Aqua Freestyle with Jackie		Aqua Freestyle with Tracy			
6:00PM	Aqua Deep with Christy		Aqua Deep with Christy				