

# SCHEDULE



**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY**

## MORNING CLASSES

## W A T E R A E R O B I C S

<b>AQUA FIT</b> 9:30-10:15	<b>AQUA SPLASH</b> 9:30-10:15	<b>CARDIO BLAST</b> 9:30-10:15	<b>NICE &amp; EASY</b> 9:30-10:15	<b>HYDRO TONE</b> 9:30-10:15	<b>AQUA</b> 10:00-10:45	
<b>ARTHRITICS</b> 10:30-11:15	<b>AQUA YOGA</b> 10:30-11:15	<b>ARTHRITICS</b> 10:30-11:15	<b>AQUA YOGA</b> 10:30-11:15			

## EVENING CLASSES

## W A T E R A E R O B I C S

<b>CARDIO SPLASH</b> 6:30-7:15	<b>H2O EXPRESS</b> 6:30-7:15	<b>AQUA FIT</b> 6:30-7:15	<b>AQUA TURBO</b> 6:30-7:15			
-----------------------------------	---------------------------------	------------------------------	--------------------------------	--	--	--

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY**


## MORNING CLASSES

## L A N D A E R O B I C S

<b>SCULPT</b> 9:15-10:00	<b>HI-LO CARDIO</b> 9:00-9:45	<b>CIRCUIT TRAINING</b> 9:00-9:45	<b>YOGA</b> 9:00-10:00	<b>PILATES</b> 9:00-10:00	<b>PILATES</b> 11:00-11:45	
-----------------------------	----------------------------------	--------------------------------------	---------------------------	------------------------------	-------------------------------	--

## EVENING CLASSES

## L A N D A E R O B I C S

<b>SPIN</b> 5:30-6:15	<b>TRX</b> 6:30-7:15	<b>SPIN</b> 5:15-6:00	<b>SPIN</b> 5:30-6:15	<p><b>SEE FRONT DESK STAFF FOR DETAILS &amp; SIGN UP!</b></p>  <p>like us on <b>facebook</b> for class schedule updates!</p>
<b>KETTLEBELL</b> 6:30-7:15		<b>KETTLEBELL</b> 6:10-6:55		
<b>YOGA FLOW</b> 6:30-7:30				

[WWW.RIVERSIDEFAMILYFITNESS.COM](http://WWW.RIVERSIDEFAMILYFITNESS.COM)