

GROUP EXERCISE SCHEDULE

RIVERSIDE COMMUNITY CENTER

4498 NW HIGH DRIVE RIVERSIDE, MO 64150

PLEASE CONTACT AMY LARSEN AT (816) 741-4172 FOR ANY INQUIRIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20/20/20 CARDIO, STRENGTH, STRETCH LORI 8:00 AM - 9:00 AM	ZUMBA LORI 8:00 AM - 9:00 AM	20/20/20 CARDIO, STRENGTH, STRETCH LORI 8:00 AM - 9:00 AM	ZUMBA LORI 8:00 AM - 9:00 AM	20/20/20 CARDIO, STRENGTH, STRETCH LORI 8:00 AM - 9:00 AM
YOGA LORI 9:00 AM - 9:45 AM	TAI CHI TERRY 9:00 AM - 10:00 AM	YOGA LORI 9:00 AM - 9:45 AM	BEGINNER TAI CHI TERRY 9:00 AM - 10:00 AM	YOGA LORI 9:00 AM - 9:45 AM
TAI CHI SUELLEN 8:30 AM - 9:20 AM		BEGINNER TAI CHI SUELLEN 8:30 AM - 9:20 AM	INTERMEDIATE TAI CHI TERRY 10:00 AM - 10:50 AM	
INTERMEDIATE TAI CHI SUELLEN 9:30 AM - 10:20 AM		INTERMEDIATE TAI CHI SUELLEN 9:30 AM - 10:20 AM	LINE DANCING JANICE 10:00 AM - 11:00 AM	
LINE DANCING JANICE 10:00 AM - 11:00 AM	BARRE AMY 10:15 AM - 11:00 AM	LINE DANCING JANICE 10:00 AM - 11:00 AM	YOGA AMY 11:00 AM - 11:30 AM	LINE DANCING JANICE 10:00 AM - 11:00 AM
ADVANCED YANG 40 10:30 AM - 11:30 AM		ADVANCED YANG 40 10:40 AM - 11:30 AM		
AOA CORE AMY 11:30 AM - 12:15 PM		AOA CORE AMY 11:30 AM - 12:15 PM		
CHAIR YOGA AMY 12:30 PM - 1:15 PM	YOGA AMY 12:00 PM - 12:45 PM	CHAIR YOGA AMY 12:30 PM - 1:15 PM		
YOGA LAUREN 4:00 PM - 4:45 PM	BEGINNING LINE DANCING JANICE 1:00 PM - 2:00PM	BARRE AMY 4:00 PM - 4:45 PM	POUND CHIRO 4:00 PM - 4:55 PM	
BELLY DANCING KERRI 5:15 PM - 6:00 PM	STRECH AND TONE BROOKE 5:15 PM - 6:00 PM		STRONG SHELLIE 5:15 PM - 6:00 PM	
ZUMBA DINA 6:00 PM - 7:00 PM		ZUMBA DINA 6:00 PM - 7:00 PM		

MONDAY/WEDNESDAY: OPEN PLAY PICKLEBALL 12:30-3:00PM / OPEN GYM 3:30-6:00
TUESDAY: OPEN PLAY PICKLEBALL 9:30-5:15PM (CHALLENGE COURT AVAILABLE)
THURSDAY: OPEN PLAY PICKLEBALL 12:00-5:15PM / EXCEPT 2ND, 4TH, & 5TH THURS.
FRIDAY: OPEN PLAY PICKLEBALL 11:30-3:30PM
SUNDAY: OPEN PLAY PICKLEBALL 1:00-3:30PM

EFFECTIVE NOV 1, 2023

AOA: ACTIVE OLDER ADULT