Platte County Community Centers
BETTER TOGETHER

CITY OF RIVERSIDE MISSOURI
Upstream from ordinary.

GROUP EXERCISE SCHEDULE

RIVERSIDE COMMUNITY CENTER
4498 NW HIGH DR
RIVERSIDE MO 64150
(816)741-4172

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cardio 8:00-8:30 Strength 8:30-9:00 Yoga 9:00-9:30 Lori	Zumba 8:00-9:00am Lori	Cardio 8:00-8:30 Strength 8:30-9:00 Yoga 9:00-9:30 Lori	Zumba 8:00-9:00am Lori	Cardio 8:00-8:30 Strength 8:30-9:00 Yoga 9:00-9:30 Lori
Line Dancing & Strength Training 10:00-11:00 Nancy	Sliver Sneakers Classic 10:30-11:10 Connie	Line Dancing & Strength Training 10:00-11:00 Nancy	Line Dancing & Strength Training 10:00-11:00 Nancy	Line Dancing & Strength Training 10:00-11:00 Nancy
	Chair Yoga 11:20-12:00 Connie			
Strength Training 12:15-1:00pm Jennifer	Core 12:15-1:00pm Jennifer	Strength Training 12:15-1:00pm Jennifer	Yoga 12:15-1:00pm Jennifer	
Tai Chi 2:00-3:00 Suellen	Tai Chi Swords 2:00-3:00 Terry	Tai Chi 2:00-3:00 Suellen	Tai Chi Swords 2:00-3:00 Terry	
Intermediate Tai Chi 3:30-4:30 Suellen		Intermediate Tai Chi 3:30-4:30 Suellen		SUNDAY Open Play Pickleball 1-5
Yoga 5:15-6:00pm Jennifer	Open Play Pickleball 5-6:30	Yoga 5:15-6:00pm Jennifer	Open Play Pickleball 5-6:30	
Zumba 6:15-7:00 Dina		Zumba 6:15-7:00 Dina		