

# 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
TAI CHI SUELLEN 8:30 AM - 9:20 AM	TAI CHI TERRY 9:00 AM - 10:00 AM	BEGINNER TAI CHI SUELLEN 8:30 AM - 9:20 AM	BEGINNER TAI CHI TERRY 9:00 AM - 10:00 AM	YOGA LORI 9:00 AM - 9:45 AM
YOGA LORI 9:00 AM - 9:45 AM	BARRE AMY 10:15 AM - 11:00 AM	YOGA LORI 9:00 AM - 9:45 AM	LINE DANCING STAFF 10:00 AM - 11:00 AM	LINE DANCE STAFF 10:00 AM - 11:00 AM
INTERMEDIATE TAI CHI SUELLEN 9:30 AM - 10:20 AM	YOGA AMY 12:00 PM - 12:45 PM	INTERMEDIATE TAI CHI SUELLEN 9:30 AM - 10:20 AM	YOGA AMY 11:00 AM - 11:30 AM	
LINE DANCING STAFF 10:00 AM - 11:00 AM	BEGINNING LINE DANCING JANIECE 1:00 PM - 2:00PM	LINE DANCING STAFF 10:00 AM - 11:00 AM	BEGINNING LINE DANCING JANIECE 1:00 PM - 2:00 PM	
ADVANCED YANG 40 GREG 10:30 AM - 11:30 AM	STRECH AND TONE BROOKE 5:15 PM - 6:00 PM	ADVANCED YANG 40 10:40 AM - 11:30 AM	POUND CHIRO 4:00 PM - 4:55 PM	
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		CHAIR YOGA AMY 12:30 PM - 1:15 PM		
YOGA LAUREN 4:00 PM - 4:45 PM		BARRE AMY 4:00 PM - 4:45 PM		
BELLY DANCING KERRI 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 3:30-6:00PM

**TUESDAY:** OPEN PLAY PICKLEBALL 9:30-6:30PM

**THURSDAY:** OPEN PLAY PICKLEBALL 12:00-6:30PM / EXCEPT 2ND, 4TH, & 5TH THURS.

**FRIDAY:** OPEN PLAY PICKLEBALL 11:30-3:30PM

**SUNDAY:** OPEN PLAY PICKLEBALL 1:00-3:30PM

**~THIS PICKLEBALL SCHEDULE IS SUBJECT TO CHANGE BASED ON RENTALS~**

AOA = ACTIVE OLDER ADULT