

RIVER HEIGHTS COMMUNITY ASSOCIATION

FALL 2016 PROGRAMMING

REGISTRATION NIGHT: In person registration WEDNESDAY SEPTEMBER 7TH River Heights School – Large Gym from 5:30pm to 7:30pm.

- For programming details and updates, please go to www.riverheights.sk.ca.
- We honour all community association memberships. Annual Memberships may be purchased at a cost of \$10, if needed.

MONDAYS

CLASS	AGE	TIME	DATES	INSTRUCTOR	LOCATION	COST
Advanced Yoga	18+	6:30pm to 8pm	Sept 26 – Dec 5 Cancelled Dates: Oct 10, 31	Sarah Junkin	River Heights School – Sm Gym	\$95
Beginner Yoga	18+	8:15pm to 9:15pm	Sept 26 – Dec 5 Cancelled Dates: Oct 10, 31	Lisa Leis	River Heights School – Sm Gym	\$60
Butts N’ Guts*	18+	8:15pm to 9:15pm	Sept 26 – Dec 5 Cancelled Dates: Oct 10, 31	K-Rush Fitness	River Heights School – Lrg Gym	\$30
Co-ed Badminton	16+	9:15pm to 10:15pm	Sept 26 – Dec 5 Cancelled Dates: Oct 10, 31	Self- instructed	River Heights School – Lrg Gym	\$20
Family Tae Kwon Do - Beginner	4+	6pm to 7pm	Sept 19 – Dec 5 Cancelled Dates: Oct 10, 31, Nov 14	Jim Daley	St. Anne’s Gym	\$45 includes 1 parent & 2 children
Family Tae Kwon Do - Advanced	4+	7pm to 8pm	Sept 19 – Dec 5 Cancelled Dates: Oct 10, 31, Nov 14	Jim Daley	St. Anne’s Gym	\$45 includes 1 parent & 2 children

*All participants are required to complete the PAR-Q & You Form online at: <https://sites.google.com/site/krushfitsask/>.

TUESDAYS

CLASS	AGE	TIME	DATES	INSTRUCTOR	LOCATION	COST
Hula Hooping	12 to 16yrs	6pm to 7pm	Sept 20 – Oct 25	Karla Kloeble	River Heights School – Sm Gym	\$25
Zumba	18+	7pm to 8pm	Sept 20 – Nov 22	Heather McDonald	River Heights School – Sm Gym	\$35

WEDNESDAYS

CLASS	AGE	TIME	DATES	INSTRUCTOR	LOCATION	COST
Pilates 1.0	18+	7pm to 8pm	Sept 21 – Nov 23	Diane Hein	River Heights School – Sm Gym	\$65
Pilates 1.5	18+	7pm to 8pm	Sept 21 - Nov 23	Diane Hein	River Heights School – Sm Gym	\$65

THURSDAYS

CLASS	AGE	TIME	DATES	INSTRUCTOR	LOCATION	COST
Zumba	18+	7pm to 8pm	Sept 22 – Dec 8 Cancelled Dates: Oct 20, Nov 10	Heather McDonald	River Heights School – Sm Gym	\$35
Butts N' Guts	18+	8:15pm to 9:15pm	Sept 22 – Dec 8 Cancelled Dates: Oct 20, Nov 10	K-Rush Fitness	River Heights School – Sm Gym	\$35

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FRIDAYS

CLASS	AGE	TIME	DATES	INSTRUCTOR	LOCATION	COST
Floor Hockey	4 to 6yrs	6:30pm to 7:15pm	Sept 23 – Dec 9 Cancelled Dates: Oct 7, Nov 11	TBD	River Heights School – Sm Gym	\$20
Floor Hockey	7 to 9yrs	7:15pm to 8pm	Sept 23 – Dec 9 Cancelled Dates: Oct 7, Nov 11	TBD	River Heights School – Sm Gym	\$20