

Riverwood Wellness Group Activities



Walker Tuesday (Starting April 11, 2017)

Welcome to a fun opportunity to improve your health and wellness through Fitness Walking or Nordic Walking.

When: Tuesdays, 4:30pm
Where: Riverwood Ryan SSB Entrance
Walk Leader: Rhonda Vedder
Walk Pace: Set by group
Distance: Set by group

Cycle Thursday (Starting April 13, 2017)

Cycle Thursday will be fun opportunity to improve your health and wellness through group cycling rides that will improve your group riding etiquette, techniques and safety skills.

When: Thursday, 4:30pm
Where: Riverwood Ryan SSB Entrance
Groups: Formed by rider ability
Ride Leader: Rhonda Vedder
Ride Pace: Set by ride group leader, these are “No-Drop Rides”
Distance: Set by ride group ability
Equipment: Bike helmet and water

“No-Drop Ride” means that group leaves together, comes back together and no one is left behind.

If you would to participate, please contact Rhonda Vedder X3619 or rvedder@riverwoodhealthcare.org on or before activity day.