

Riverdale  
Community  
Center

# Group Fitness

August 24th-28th (FREE WEEK)  
August 31st-October 23rd.

## Monday

Total Body 8:45-9:45am  
\$7 Resident/\$14 Non-resident  
No Class Monday September 7th

## Wednesday

Total Body 8:45-9:45am  
\$8 Resident/\$16 Non-resident

## Friday

Cardio Circuit 8:45-9:45am  
\$8 Resident/\$16 Non-resident

Registration begins August 18th.  
Please check in at the community center front desk before class..  
Sign up at the Community Center or Online at [riverdalecity.com](http://riverdalecity.com).  
Make sure to sign up for the specific class you would like to attend. Please bring your own yoga mats and weights.  
For more information call 801-621-6084.

### COVID precautions:

Sanitize ALL EQUIPMENT before and after classes. Participants will be assigned certain equipment and are encourage to bring equipment from home. Participants must sign a release every day that they have not had any Covid-19 symptoms. We will take temperatures of each participant as they arrive and log each temperature. We will provide hand sanitizer. Teachers will wear appropriate PPE equipment.

