

Riverdale Community Center

GROUP FITNESS



Session: January 8- February 23

Registration Starting December 5th

Register at the Community Center
or at Riverdalecity.com

Riverdale Residents: Non-Residents:

Pre-registration Cost: \$7/class session \$14/ class session

Drop In Cost: \$2/ class \$4 / class

Pre-registration is encouraged. Classes will be taught on pre-registration numbers.

There will be no class on Monday February 19th.

Due to this, the cost for the Monday class will be \$6 residents/\$12 non-residents.

Monday	Tuesday	Wednesday	Thursday	Friday
TOTAL BODY 8:45-9:45AM	PIYO 8:45-9:45AM	TOTAL BODY 8:45-9:45AM	TURBO KICK 8:45-9:45AM	STRONG BY ZUMBA 8:45-9:45AM
	YOGA FLOW 7:30-8:30PM	YOGA BASICS 7:30-8:30PM		

Seniors (age 55+) participate FREE

Riverdale Community Center
4360 S Parker Drive
801-621-6084

