



Join us for our April Live Fit events

To register for Live Fit visit our website at www.riverdalecity.com

Registration is free and open to all ages

Million Mile Month

We are inviting all Live Fit participants to register for the Million Mile Month and log as many miles as you can for the month of April. Let's see how many miles we can accumulate! For more info visit our website at www.riverdalecity.com

Suicide Prevention

Join us April 13 for QPR Training at the Senior Center at 7 PM. The class is for anyone interested in learning about suicide prevention.

Live Fit 5K

Come participate in our Live Fit 5K Fun Run. This 5K is open to all ages. It will be on April 17th at 6 PM at the Riverdale Park.

80's Fitness Night

We are hosting an '80's themed group fitness night at the Community Center on April 27 at 7 PM. Dress up in your '80's gear and win some fabulous prizes!

Check out our facebook page under Riverdale City Utah #LiveFitRiverdale