



Riverdale Community Center

Group Fitness Schedule

SESSION: October 23-December 15

We would love to see you at a class!!!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am						
8:45 am		PIYO 8:45-9:45		Strong By Zumba 8:45-9:45	Turbo Kick 8:45-9:45	
9:00 am	Total Body 9:00-10:00		Total Body 9:00-10:00			
7:30 pm		Yoga Flow 7:30-8:30	Yoga Basics 7:30-8:30			

Riverdale Community Center
4360 S. Parker Dr, Riverdale UT
801-621-6084 www.riverdalecity.com
facebook.com/riverdalecityutah

Registration starts on September 26.

PRE-REGISTRATION:

\$7/\$8 class session - Riverdale resident
\$14 /\$16 class session - non-resident

DROP-IN COST:

\$2 /class - Riverdale resident
\$4 /class - non-resident

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

NEW! Thursdays, 8:45-9:45am

Strong By Zumba

Class Description: Muscle conditioning class that utilizes High Intensity intervals set to music for an exciting, engaging workout that will continue to burn calories after the work-out is over.