

RIVERDALE COMMUNITY CENTER

Group Fitness

*Registration begins
Monday January 28th*

February 25th- April 19th

*Session cost:
\$8- Resident
\$16-Non-resident*



Monday- **TOTAL BODY** 8:45-9:45AM
Sherilyn

Wednesday- **TOTAL BODY** 8:45-9:45AM
Sherilyn

Thursday- **PIYO/BARRE** 8:45-9:45AM
Heidi
Improve balance, flexibility, and build lean muscle

Friday- **CARDIO/PUMP** 8:45-9:45AM
Heidi
Cardio intervals mixed with strength moves using dumbbells to challenge your muscles and burn calories

Drop in price:

\$2- resident

\$4- non-resident

Please bring your own mats

Session fee covers registration for one class each week.
Register for multiple classes to attend multiple times a week.

4360 S Parker Drive

801-621-6084

riverdalecity.com