

Group Fitness Schedule

Winter 2024-2025*

SUN	MON	TUE	WED	THU	FRI
<p>8-8:45 AM Yoga Michelle - GEX</p>	<p>6:15-8:40 AM Schvitz 440 Julio - Quest</p>	<p>6:30-7:15 AM ActiveFlow Mobility Pedro - Quest</p>	<p>6:15-8:40 AM Schvitz 440 Julio - Quest</p>	<p>8:30-9:15 AM Masala Bhangra Deborah - GEX</p>	<p>6:15-8:40 AM Schvitz 440 Pedro - Quest</p>
<p>9-9:45 AM Body Burnout Celena - Gym</p>	<p>9:30-10:15 AM HiiT Jad - Gym</p>	<p>8:30-9:15 AM Masala Bhangra Deborah - GEX</p>	<p>9:30-10:15 AM HiiT Jad - Gym</p>	<p>9:30-10:15 AM Balance Celena - Gym</p>	<p>9-9:45 AM HiiT Celena - Gym</p>
<p>10-10:45 AM Core & Stretch Celena - GEX</p>	<p>11:15 AM-12 PM Gentle Fitness Jad - Gym</p>	<p>11:15 AM-12 PM OsteYo (Yoga) Laura - GEX</p>	<p>6-6:45 PM Kettlebell Revolution Pedro - GEX</p>	<p>6-6:45 PM Zumba Aliette - GEX</p>	<p>10:15-11 AM Gentle Fitness Celena - Gym</p>
<p>10-10:45 AM Family Boxing Jalyn - Quest</p>	<p>6-6:45 PM Zumba & Tone Aliette - GEX</p>	<p>6-6:45 PM Zumba Aliette - GEX</p>	<p>6-6:45 PM Boxing Jalyn - Quest</p>	<p>6-6:45 PM TRX Emma - Quest</p>	<p>1:30-2:15 PM Aqua Fitness Celena - Pool</p>
<p>11-11:45 AM Tabata Kiki - GEX</p>	<p>6-6:45 PM Boxing Jalyn - Quest</p>	<p>7-7:45 PM Conditioning Emma - Quest</p>	<p>7-7:45 PM Vinyasa Flow Daniel - GEX</p>	<p>7-7:45 PM Pilates Kiki - 2nd Fl</p>	
	<p>7-7:45 PM Cardio Kickboxing Aliette - Quest</p>	<p>7-7:45 PM Pilates Kiki - GEX</p>	<p>7-7:45 PM Body Burnout Pedro - Quest</p>		
		<p>8-8:45 PM Pilates Kiki - GEX</p>			

* SUBJECT TO CHANGE. PLEASE REFER TO THE RIVERDALE Y APP FOR THE MOST UP-TO-DATE SCHEDULE.