

Group Fitness Schedule

FALL 2024*

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

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