

Group Fitness Schedule

Spring 2025*

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SUN	MON	TUE	WED	THU	FRI
8-8:45 AM Yoga Michelle - 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 Celena - 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	9:40-10:25 AM Balance Celena - Gym	9-9:45 AM HiiT Celena - Gym
10-10:45 AM Core & Stretch Celena - GEX	11:15 AM-12 PM Gentle Fitness Jad - Gym	11:15 AM-12 PM OsteYo (Yoga) Laura - GEX	6-6:45 PM Kettlebell Revolution Pedro - GEX	6-6:45 PM Zumba Aliette - GEX	10:15-11 AM Gentle Fitness Celena - Gym
10-10:45 AM Family Boxing Jalyn - Quest	12:15 - 1 PM Aqua Fitness Celena - Pool	6-6:45 PM Zumba Aliette - GEX	6-6:45 PM Boxing Jalyn - 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	7-7:45 PM Conditioning Emma - Quest	7-7:45 PM Vinyasa Flow Daniel - GEX	7-7:45 PM Pilates Kiki - 2nd Fl	
	6-6:45 PM Boxing Jalyn - Quest	7-7:45 PM Pilates Kiki - GEX	7-7:45 PM Body Burnout Pedro - Quest		
	7-7:45 PM Cardio Kickboxing Aliette - Quest	8-8:45 PM Pilates Kiki - GEX			

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

MARCH 20, 2025