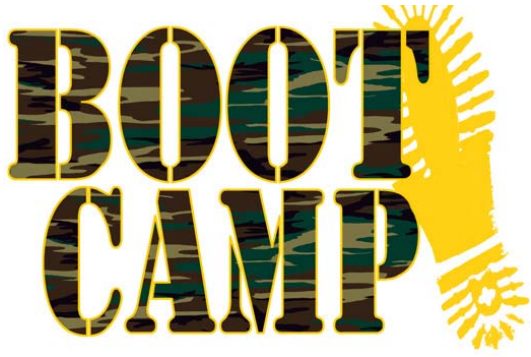


Riverdale Community Center



BOOT CAMP EXERCISE CLASS

Every Monday
7:45 PM

Instructor: Cary Stone, *Certified Personal Trainer*
\$6.00 per class

KettleBell Workout

Every Wednesday
7:30 PM

Instructor: Cindy Zhang
\$6.00 per class
\$20 per Four Class Package



ZUMBA[®]
fitness

ZUMBA

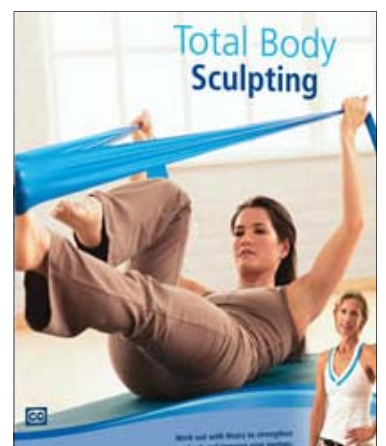
Every Tuesday
10:00 AM or 7:30 PM

Instructor: Mindy Gansley, *Certified Zumba Instructor*
\$5.00 per class or
\$40 for 10 Class Package

TOTAL BODY SCULPTING

Every Thursday
6:00 PM

Instructor: Karen Vizueta, *Certified Instructor*
\$6.00 per class
Bring a small bath towel to use in workout.



YOGA

Every Thursday 7:30 PM
Every Sunday 9:00 AM

Instructor: Kathy DeJesus, *Certified Yoga Instructor*
\$6.00 per class

Community Center Office 973-706-6471 * JCarelli@RiverdaleBorough.com
No pre-registration required