

Updated July 1, 2026

OFF-SITE GROUP EXERCISE CLASS SCHEDULE



Asphalt Green is offering select classes at locations near our Battery Park City campus throughout the summer. See the schedule below.

Please note: This schedule is subject to change. Please check MindBody for the most up to date schedule.

DAY	TIME	CLASS/INSTRUCTOR	LOCATION
MONDAY	9:25am - 10:15am	Gentle Yoga with Kevin Ryder	6 River Terrace
	11:45am - 1:15pm	Vinyasa Yoga with Dorothy Kurzydowski	6 River Terrace
	1:15pm - 2:05pm	HIIT Camp with Debbie Matthews	6 River Terrace
TUESDAY	9:30am - 10:20am	Zumba with Carlos Chavez	6 River Terrace
	10:30am - 11:20am	Pilates with Olivia Westergaard	200 Rector Place
	11:45am - 1:15pm	Zumba for Older Adults with Carlos Chavez	6 River Terrace
WEDNESDAY	9:30am - 10:20am	Total Body 1 for Older Adults with Donald Blanford	6 River Terrace
	10:30am - 11:20am	Gentle Yoga with Kevin Ryder	200 Rector Place
	10:30am - 11:20am	Vinyasa Yoga for Older Adults with Dorothy Kurzydowski	6 River Terrace
THURSDAY	10:30am - 11:20am	Zumba with Carlos Chavez	6 River Terrace
	10:30am - 11:20am	Tai Chi with Lucie Young	200 Rector Place
	11:30am - 12:20pm	Total Body 2 for Older Adults with Donald Blanford	6 River Terrace
FRIDAY	9am - 9:50am	Zumba for Older Adults with Carlos Chavez	6 River Terrace
	10am - 10:50am	Yin Yoga with Dorothy Kurzydowski	200 Rector Place
	11am - 11:50am	Chair Yoga with Dorothy Kurzydowski	200 Rector Place
	12pm - 12:50pm	Total Body 1 for Older Adults with Donald Blanford	6 River Terrace



Registration is required for all group exercise classes. Scan the QR code or visit asphaltgreen.org/groupex.

