

Updated July 28, 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
	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
	11:45am - 12:35pm	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/grouplex.



RIVER TERRACE

6 RIVER TERRACE
NEW YORK, NY 10282

ROCKEFELLER
PARK



212 NORTH END AVE.
NEW YORK, NY 10282

NORTH COVE
YACHT HARBOR

PUMPHOUSE
PARK

200 RECTOR PLACE

200 RECTOR PL.
NEW YORK, NY 10280

ENTRANCE LOCATED ON THE SIDE
OF THE BUILDING DIRECTLY FACING
THE PARK