

**RIVER CROSSING YMCA | Deer Path
Group Exercise Schedule
October 2024**

"We're here for you."

DAYTIME CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 6:00-7:00 AM Karlyn FS	Strength Train™ 6:30-7:30 AM Ann MPR	HIIT Revolution 6:30-7:15 AM Laura MPR	Strength Train™ 6:30-7:30 AM Ann MPR	Bootcamp 8:00-8:45 AM Abby MPR	Yoga 8:00- 9:00 AM Monalisa MPR	Defend 45™ 8:00 - 8:45 AM Liz MPR
Balance & Flex™ 8:00-9:00 AM Jill MPR (No class 10/7)	Defend™ 7:45-8:45 AM Ellen MPR	Low Impact 8:00-8:45 AM Jill MPR (NO clas 10/2 & 10/9)	Circuit 8:00-8:45 AM Abby MPR	Strength Train™ 9:15-10:15 AM Lisa MPR	Spin 8:00 -9:00 AM Pete FS	Yoga 9:00 -10:00 AM Ann MPR
Pilates/Barre Fusion 9:00-9:45 AM Carrie FS	Pilates 9:00-9:45 AM Jill MPR (10/15, 10/22, 10/29) Carrie (10/1, 10/8)	Strength Train™ 9:00-10:00 AM Jill MPR (10/16, 10/23, 10/30) Lisa (10/2, 10/9)	Defend™ 9:00-10:00 AM Liz FS	Balance & Flex™ 9:00- 10:00 AM Jill FS (No class 10/4, 10/11)	Groove™ 9:15 -10:15 AM Liz MPR (10/5, 10/26) Workout For Pink 10/19 9:15-10:45am / Jill/Liz (Jill)	
Strength Train™ 9:15-10:15 AM Lisa MPR	Aqua Dynamix 10:00-10:45 AM Mary POOL	Yoga 9:00 -10:00 AM Heather FS	Yoga 9:00-10:00 AM Monalisa MPR (10/3, 10/10) Jill (10/17, 10/24, 10/31)	Stretch & Balance Express 10:30-11:00 AM Carrie MPR (10/4, 10/11) Jill (10/18, 10/25)	Strength Train™ 10:30-11:15 AM isa/Ann MPR	
LIIT Express 10:00-10:30 AM Carrie FS	Yoga Fusion TRX 10:00-11:00 AM Jill MPR (10/15, 10/22, 10/29) Strength & Stretch Ellen (10/1 & 10/8)	Aqua Dynamix 10:00-10:45 AM Mary POOL	Aqua Dynamix 10:00-10:45 AM Mary POOL	Senior Dance 11:15-12:00 PM Liz MPR (10/4 & /11) Jill (10/18, 10/25)		
Ab Blast 10:30 - 11:00 AM Jill MPR (10/14, 10/21, 10/28) Abby (9/30, 10/7)	Senior Dance 11:15-12:00 PM Jill MPR (10/15, 10/22, 10/29) Ellen (10/1 & 10/8)	Stretch & Balance 11:15-12:00 PM Liz MPR	Tabata 10:15-11:00 AM Marianne MPR (10/3, 10/10) Jill (10/17, 10/24, 10/31)		Deer Path Group Exercise Schedule <u>Group exercise classes are included in your membership.</u>	
Senior Stretch 11:15-12:00 PM Jill Gym (10/14, 10/21, 10/28) Lisa (9/30, 10/7)			Senior Strength 11:15-12:00 PM Carrie MPR (10/3, 10/10) Jill (10/17, 10/24, 10/31)			

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Active™ 4:15-5:15 PM Denise MPR	Total Body 5:30-6:30 PM Karlyn FS	Active™ 4:15-5:15 PM Denise MPR	NEW! Kickboxing 4:30-5:15 PM Dawn FS (No class 10/31)			
Strength Train 45™ 5:30 -6:15 PM Denise MPR		Strength Train™ 5:30 -6:30 PM Denise MPR	Yoga 6:45-7:45 PM Ann MPR (10/3, 10/10) Jill (10/17, 10/24, 10/31)			
Groove™ 6:30 - 7:30 PM Jill MPR (10/14, 10/21, 10/28) Liz (10/7)		Spin 6:00-6:45 PM Karlyn FS			Deer Path Stay & Play Hours Monday 8:30AM-11:30AM / 4:00PM-7:30PM Tuesday 8:30AM-11:30AM / 4:00-7:30PM Wednesday 8:30AM-11:30AM / 4:00-7:30PM Thursday 8:30AM-11:30AM / 4:00-7:30PM Friday 8:30AM-11:30AM Saturday 8:00-11:00AM/ New Saturday hours 8:00-12:30PM starting 9/14	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

Please check ymcabc.org for updates and visit us on the Y Wellness 24/7 virtual platform for our live Virtual Group Exercise classes and hundreds of on-demand video content!

QR Code to schedules

Updated 9/27/24



Deer Path Group Exercise Class Descriptions

AQUA CLASSES

AQUA DYNAMIX - Immerse yourself in a high energy aquatic workout that combines cardio, strength training and flexibility exercises.

LAND CLASSES

AB BLAST! - 30-minute workout targets the core. Modifications offered for all levels.

ACTIVE™ - Gives you all the training you need – cardio, strength, balance and flexibility. Get stronger and healthier with inspiring music, hand weights, body weight and simple athletic movements.

BALANCE & FLEX™ - Invigorating mind-body workout grows you longer and leaner. Incorporates yoga and pilates fundamentals with athletic training for balance, mobility, flexibility and core strength. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

BOOTCAMP - Challenges mind and body as you alternate between high and low intensity exercises through timed intervals of free weights and plyometrics, cardio training and balance work.

CIRCUIT - Fast-paced circuit style class uses various equipment to increase muscular endurance and metabolism.

DEFEND™ - Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness, build muscle strength and burn calories.. Combines cutting-edge moves with thrilling music.

GROOVE™ - This dance fitness class is a fusion of club, urban and Latin dance styles set to current hits and energetic songs.

LIIT - Less intense than a HIIT workout but still provides all the benefits. Build endurance and strengthens the body with low impact interval sequences combined with body weight training exercises.

LOW IMPACT AEROBICS - Moderate paced, lower-impact workout emphasizing cardiovascular endurance, coordination and range of motion.

PILATES/BARRE FUSION - This class is a great mix of Pilates mat movements mixed with upbeat and intense Barre inspired movements. If you love both Pilates and Barre then this class is a great choice!

SENIOR DANCE - Engaging class designed for older adults who want to stay active, improve their coordination, and experience the joy of dancing.

SENIOR STRENGTH - Focus on strength training exercises to build and maintain muscle strength, enhance stability and improve daily living activities.

SENIOR STRETCH - Focus on strength training exercises to build and maintain muscle strength, enhance stability and improve daily living activities.

STRENGTH TRAIN™ - High-rep weight training workout using barbell, weight plates and body weight. Combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

SPIN - Includes standing and endurance rides, hills, climbs, intervals and sprints.

STEP - Cardiovascular workout utilizes the step in varying speeds, directions and positions. This workout strengthens and shapes the lower body, one step at a time.

STRETCH & BALANCE - Enhance flexibility, stability, and overall well-being. Integrates dynamic stretching and balance exercises to achieve greater range of motion, improved posture, and a more centered sense of self.

TABATA - Delivers powerful results in a fraction of the time. This intense, exhilarating session will challenge your body, boost your fitness, and leave you feeling accomplished and energized.

TOTAL BODY CONDITIONING - All-level workout combines mobility, flexibility, bodyweight strength and cardio, targeting all major muscle groups, building endurance, and leaving you feeling energized in only 45-minutes!

YOGA - Fosters body awareness and dynamic balance while improving joint stability, core strength and flexibility.

YOGA FUSION TRX® - Innovative class enhances flexibility, core strength, balance and overall fitness. Blends the mindful movements of yoga with the dynamic strength building benefits of TRX suspension training.