

**River Crossing YMCA | Slate Belt
Group Exercise Schedule October 2024**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
New Flexibility & Focus 7:30-8:00 AM Maggie Studio	Fitness Fusion 8:15-8:45 AM Maggie Studio <i>No Class 10/1</i>	Indoor Cycling 8:15-8:45 AM Kate R. Studio	SOULfusion 7:00-8:00 AM Lindsay Studio	Total Body 8:15-9:00 AM Vanessa Studio	Muscle Max 9:00-9:45 AM Jo-Elle Studio	Zumba® 10:30-11:15 AM Cynthia Studio
HIIT 8:00-8:45 AM Maggie Studio	AOA Aqua Fitness 8:15-9:00 AM Lois Pool <i>No Class 10/29</i>	AOA Aqua Fitness 8:15-9:00 AM Lois Pool	Stretch & Core 8:00-8:45 AM Rochelle Studio	Silver Sneakers Boom Move 9:15-10:00 AM Lois Studio	Aqua Step 9:00-9:45 AM Shelly Pool <i>Pop-up class 10/5 & 10/26</i>	Aqua Step 11:30-12:15 PM Shelly Pool <i>Pop-up class 10/20</i>
Zumba® 9:00-9:45 AM Cynthia Studio	Cardio Drumming 9:00-9:45 AM Krysta Studio	Step it Up 9:15-9:45 AM Carmella Studio	Circuit Train 9:00-9:45 AM Katie S. Studio	AOA Aqua Fitness 10:30-11:15 AM Lois Pool	Yoga 10:00-10:45 AM Jessica Studio	
AOA Range of Motion & Strength 10:00-10:30 AM Jess B. Studio	Silver Sneakers Boom Muscle 10:00-10:30 AM Maggie Studio	Country Line Dance Fitness 10:00-10:45 AM Carmella Studio	AOA Cardio Drumming 10:00-10:45 AM Krysta Studio			
AOA Yoga 10:30-11:15 AM Jess B. Studio	Silver Sneakers Yoga Stretch 10:30-11:00 AM Maggie Studio					
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Deep Water 4:50-5:20 PM Shelly Pool	*New* Aqua Zumba 5:30 - 6:15 PM Cynthia Pool	Aqua Fitness 4:45-5:30 PM Shelly Pool	Meditation in Movement 4:15-5:00 PM Spirit Studio			
Zumba® 5:15-6:15 PM Justine Studio	Circuit Train 6:00 - 6:45 PM Katie S. Studio	*New* Strength Training 5:00-6:00 PM Morgan Studio	Zumba 5:30-6:15 PM Cynthia Studio			
Aqua Fitness 5:30-6:15 PM Shelly Pool		Indoor Cycling & Core 6:15-7:00 PM Vanessa Studio	Gentle Yoga 6:30 - 7:15 PM Katie B. Gym		Slate Belt Group Exercise Schedule Group exercise classes are included in your membership. Registration required for all group exercise classes through the website or by visiting the Welcome Center	
					Slate Belt Branch Stay & Play Hours: Monday-Thursday 7:45AM-11:00AM Monday-Thursday 5:00-7:30PM Friday 8:00AM-11:00AM Saturday 8:00AM-11:00AM	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

Highlighted items indicate a change in class format or time.

Please check gv-ymca.org.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!

Updated 9/15/24