

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 Monalisa (Yoga,10/7) Jill 10/14, 10/21, 10/28)	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, Workout For Pink 10/19 9:15-10:45am / Jil/Liz (Jill 10/26)	
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 Group exercise classes are included in your membership.	
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 ymcabhc.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 10/3/24

