

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

"We're here for you."

**DAYTIME CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin</b> 6:00-7:00 AM Karlyn   FS	<b>Strength Train™</b> 6:30-7:30 AM Ann   MPR	<b>HIIT Revolution</b> 6:30-7:15 AM Laura   MPR	<b>Strength Train™</b> 6:30-7:30 AM Ann   MPR	<b>Bootcamp</b> 8:00-8:45 AM Abby   MPR (Turkey Burn Step with Carrie 11/29 only)	<b>Yoga</b> 8:00- 9:00 AM Monalisa   MPR	<b>Defend 45™</b> 8:00 - 8:45 AM Liz   MPR
<b>Balance &amp; Flex™</b> 8:00-9:00 AM Jill   MPR	<b>Defend™</b> 7:45-8:45 AM Ellen   MPR	<b>Low Impact</b> 8:00-8:45 AM Jill   MPR	<b>Circuit</b> 8:00-8:45 AM Abby   MPR	<b>Strength Train™</b> 9:15-10:15 AM Lisa   MPR	<b>Spin</b> 8:00 -9:00 AM Pete   MPR (No Class 11/30)	<b>Yoga</b> 9:00 -10:00 AM Ann   MPR
<b>Pilates/Barre Fusion</b> 9:00-9:45 AM Carrie   FS	<b>Pilates</b> 9:00-9:45 AM Jill   MPR	<b>Strength Train™</b> 9:00-10:00 AM Jill   MPR	<b>Defend™</b> 9:00-10:00 AM Liz   FS	<b>Balance &amp; Flex™</b> 10:00-10:00 AM Jill   FS (No Class 11/29)	<b>Groove™</b> 9:15 -10:15 AM	
<b>Strength Train™</b> 9:15-10:15 AM Lisa   MPR	<b>Aqua Dynamix</b> 10:00-10:45 AM Mary   POOL	<b>Yoga</b> 9:00 -10:00 AM Heather   FS (NO CLASS 11/27)	<b>Yoga</b> 9:00-10:00 AM Jill   MPR	<b>Stretch &amp; Balance Express</b> 10:30-11:00 AM Jill   MPR	<b>Strength Train™</b> 10:30-11:15 AM Lisa/Ann   MPR	
<b>LIIT Express</b> 10:00-10:30 AM Carrie   FS	<b>Yoga Fusion TRX</b> 10:00-11:00 AM Jill   MPR	<b>Aqua Dynamix</b> 10:00-10:45 AM Mary   POOL	<b>Aqua Dynamix</b> 10:00-10:45 AM Mary   POOL	<b>Senior Dance</b> 11:15-12:00 PM Jill   MPR		
<b>Ab Blast</b> 10:30 - 11:00 AM Jill   MPR	<b>Senior Dance</b> 11:15-12:00 PM Jill   MPR	<b>Stretch &amp; Balance</b> 11:15-12:00 PM Liz   MPR	<b>Tabata</b> 10:15-11:00 AM Jill   MPR		<u>Deer Path Group Exercise Schedule</u> <u>Group exercise classes are included in your membership.</u>	
<b>Senior Stretch</b> 11:15-12:00 PM Jill   Gym			<b>Senior Strength</b> 11:15-12:00 PM Jill   MPR			

**EVENING CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Active™</b> 4:15-5:15 PM Denise   MPR	<b>NEW! Yoga</b> 4:30-5:15 PM Beth   FS (starting 11/12)	<b>Active™</b> 4:15-5:15 PM Denise   MPR	<b>Kickboxing</b> 5:30-6:15 PM Dawn   FS (New start time)			
<b>Strength Train 45™</b> 5:30 -6:15 PM Denise   MPR	<b>Total Body</b> 5:30-6:30 PM Karlyn   FS	<b>Strength Train™</b> 5:30 -6:30 PM Denise   MPR	<b>Yoga</b> 6:45-7:45 PM Jill   MPR			
<b>Groove™</b> 6:30 - 7:30 PM Jill   MPR		<b>Spin</b> 6:00-6:45 PM Karlyn   FS (NO CLASS 11/27)			<u>Deer Path Stay &amp; Play Hours</u> 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	

**FITNESS STUDIO WILL BE CLOSED WEDNESDAY, 11/27 -SUNDAY, 12/1 DUE TO THE FLOORS GETTING REFINISHED.**

Please check [ymcabhc.org](http://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 10/28/24

