

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

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NEW! HIIT Revolution 8:00-8:45 AM Taylor Studio	Aquacise 8:15-9:00 AM Lois Pool <i>No Class 11/12</i>	NEW! Yoga Fusion 8:00-9:00 AM Lindsay Studio	Stretch & Core 8:00-8:45 AM Michelle 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
Zumba® 9:00-9:45 AM Cynthia Studio	NEW! Express Indoor Cycling 9:00-9:30 AM Kate R. Studio	Aquacise 8:15-9:00 AM Lois Pool <i>No Class 11/13</i>	Circuit Train 9:00-9:45 AM Katie S. Studio	NEW! Cardio Dance 9:15-10:00 AM Krysta Studio	Yoga 10:00-10:45 AM Jessica Studio	
AOA Range of Motion & Strength 10:00-10:30 AM Carmella Studio	Aquacise 9:15 - 10:00 AM Lois Pool <i>No Class 11/12</i>	NEW! Aquacise 9:15 - 10:00 AM Lois Pool <i>No Class 11/13</i>	AOA Cardio Drumming 10:00-10:45 AM Krysta Studio	Aquacise 10:30-11:15 AM Lois Pool <i>No Class 11/15</i>		
AOA Yoga 10:30-11:00 AM Carmella Studio	Cardio Drumming 10:00-10:45 AM Krysta Studio <i>No Class 11/5</i>	Step it Up 9:15-9:45 AM Carmella Studio				
		Country Line Dance Fitness 10:00-10:45 AM Carmella Studio				
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Deep Water 4:45-5:15 PM Shelly Pool	Circuit Train 6:00 - 6:45 PM Katie S. Studio	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	NEW! Flexibility & Focus 7:00 - 7:30 PM Maggie Studio	Strength Training 5:15-6:00 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 6:00 - 6:45 PM Katie B. Gym		<p><u>Slate Belt Group Exercise Schedule</u></p> <p>Group exercise classes are included in your membership. Registration required for all group exercise classes through the website or by visiting the Welcome Center at 8000 E. 11th St.</p>	
					<p>Slate Belt Branch Stay & Play Hours:</p> <p>Monday-Thursday 8AM-11:00AM Monday-Thursday 5:00-7:30PM Friday 8:00AM-11:00AM Saturday 8:00AM-11:00AM</p>	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

Highlighted items indicate a change in class format or time.

Please check ymcarivercrossing.org/schedules 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 10/31/24