

**River Crossing YMCA | Slate Belt  
Group Exercise Schedule December 1st-22nd 2024**

**"We're here for you."**

**DAYTIME CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HIIT Revolution</b> 8:00-8:45 AM Taylor   Studio	<b>Aquacise</b> 8:15-9:00 AM Lois   Pool (No class 12/3)	<b>Yoga Fusion</b> 8:00-9:00 AM Lindsay   Studio	<b>Stretch &amp; Core 8:</b> 00-8:45 AM Michelle   Studio	<b>Total Body</b> 8:15-9:00 AM Vanessa   Studio	<b>Muscle Max</b> 9:00-9:45 AM Jo-Elle   Studio	<b>Zumba®</b> 10:30-11:15 AM Cynthia   Studio
<b>Zumba®</b> 9:00-9:45 AM Cynthia   Studio	<b>Express Indoor Cycling</b> 9:00-9:30 AM Kate R.   Studio	<b>Aquacise</b> 8:15-9:00 AM Lois   Pool	<b>Circuit Train</b> 9:00-9:45 AM Katie S.   Studio	<b>AOA Cardio Dance</b> 9:15-10:00 AM Krysta   Studio	<b>Yoga</b> 10:00-10:45 AM Jessica   Studio	
<b>AOA Range of Motion &amp; Strength</b> 10:00-10:30 AM Carmella   Studio	<b>Aquacise</b> 9:15 - 10:00 AM Lois   Pool	<b>Aquacise</b> 9:15 - 10:00 AM Lois   Pool	<b>Cardio Drumming</b> 10:00-10:45 AM Krysta   Studio	<b>Aquacise</b> 10:30-11:15 AM Lois   Pool		
<b>AOA Yoga</b> 10:30-11:00 AM Carmella   Studio	<b>Cardio Drumming</b> 10:00-10:45 AM Krysta   Studio	<b>Step it Up</b> 9:15-9:45 AM Carmella   Studio				
		<b>Country Line Dance Fitness</b> 10:00-10:45 AM Carmella   Studio				

**EVENING CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Deep Water</b> 4:45-5:15 PM Shelly   Pool	<b>Circuit Train</b> 6:00 - 6:45 PM Katie S.   Studio	<b>Aqua Fitness</b> 4:45-5:30 PM Shelly   Pool	<b>Meditation in Movement</b> 4:15-5:00 PM Spirit   Studio			
<b>Zumba®</b> 5:15-6:15 PM Justine   Studio	<b>Flexibility &amp; Focus</b> 7:00 - 7:30 PM Maggie   Studio	<b>Strength Training</b> 5:15-6:00 PM Morgan   Studio	<b>Zumba</b> 5:30-6:15 PM Cynthia   Studio			
<b>Aqua Fitness</b> 5:30-6:15 PM Shelly   Pool		<b>Indoor Cycling &amp; Core</b> 6:15-7:00 PM Vanessa   Studio	<b>Gentle Yoga</b> 6:00 - 6:45 PM Katie B.   Multi Purpose Room		<p><b>Slate Belt Group Exercise Schedule</b></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 as space is limited.</p>	
					<p><b>Slate Belt Branch Stay &amp; Play Hours:</b></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	
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Highlighted items indicate a change in class format or time.

Please check [ymcarivercrossing.org/schedules](http://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 12/2/24