| HITT Revolution Sitio | | 1CA Slate Belt chedule Decembe | r 1st-22nd 2024 | | | "We | re here for you |
|--|-------------------------------------|-------------------------------------|---------------------------------|----------------------------------|-------------------------------|--|--|
| HITT Revolution Sitio | | | | DAYTIME CLASSES | | | |
| Sition S | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Section Sect | 8:00-8:45 AM | 8:15-9:00 AM ois Pool | 8:00-9:00 AM | 00-8:45 AM | 8:15-9:00 AM | 9:00-9:45 AM | Zumba ® 10:30-11:15 Af Cynthia Studio |
| Motion & Strength 10:00-10:30 AM Carmella Studio AOA Yoga 10:30-11:00 AM Carmella Studio AOA Yoga 10:30-11:00 AM Carmella Studio Cardio Drumming 10:00-10:45 AM Krysta Studio Country Line Dance Fitness 10:00-10:45 AM Carmella Studio Circuit Train 6:00 - 6:45 PM Katie S. Studio Circuit Train 6:00 - 6:45 PM Katie S. Studio Flexibility & Focus 7:00 - 7:30 PM Maggie Studio Aqua Fitness 5:13-6:15 PM Maggie Studio Aqua Fitness 7:00 - 7:30 PM Maggie Studio Aqua Fitness 5:30-6:15 PM Maggie Studio Aqua Fitness 5:30-6:15 PM Maggie Studio Aqua Fitness 6:00 - 6:45 PM Maggie Studio Aqua Fitness 5:30-6:15 PM Maggie Studio Aqua Fitness 6:00 - 6:45 PM Maggie Studio Aqua Fitness 5:30-6:15 PM Maggie Studio Aqua Fitness 6:00 - 6:45 PM Maggie S | 9:00-9:45 AM | Cycling 9:00-9:30 AM | 8:15-9:00 AM | 9:45 AM | Cardio Dance 9:15-10:00 AM | 10:00-10:45 AM | |
| 10:30-11:00 AM Carmella Studio | Motion & Strength 10:00-10:30 AM | 9:15 - 10:00 AM | 9:15 - 10:00 AM | 10:00-10:45 AM | 10:30-11:15 AM | | |
| Dance Fitness 10:00-10:45 AM Carmella Studio EVENING CLASSES MONDAY TUESDAY WEDNESDAY THURDAY FRIDAY SATURDAY SUNI Aqua Fitness 6:00 - 6:45 PM Katie S. Studio Televibility & Focus 7:00 - 7:30 PM Maggie Studio The studio Strength Training 5:15-6:15 PM Shelly Pool Fitness 5:30-6:15 PM Maggie Studio Thursday Meditation in Movement 4:15-5:00 PM Spirit Studio Strength Training 5:15-6:15 PM Aorgan Studio Tuesday Aqua Fitness 5:30-6:15 PM Aorgan Studio The studio Strength Training 5:15-6:00 PM Aorgan Studio State Belt Group Exercise Schedd Group exercise classes are included in the malessip. Reproduce the website or by visting the Wele as space is limited. State Belt Branch Stay & Play H Monday-Thursday SAM-11:00 | 10:30-11:00 AM | 10:00-10:45 AM | 9:15-9:45 AM | | | | |
| Deep Water 4:45-5:15 PM Shelly Pool Pool Strength Training State Studio Siate Belt Branch Stay & Play H Monday-Thursday & Play H Mon | | | Dance Fitness 10:00-10:45 AM | | | | |
| Deep Water 4:45-5:15 PM Shelly Pool | | | | | | | |
| Deep Water 4:45-5:15 PM Shelly Pool Circuit Train 6:00 - 6:45 PM Katie S. Studio Plexibility & Focus 7:00 - 7:30 PM Maggie Studio Aqua Fitness 5:15-6:15 PM Shelly Pool Flexibility & Focus 7:00 - 7:30 PM Maggie Studio Aqua Fitness 5:30-6:15 PM Shelly Pool Flexibility & Focus 7:00 - 7:30 PM Maggie Studio Aqua Fitness 5:30-6:15 PM Shelly Pool Flexibility & Focus 7:00 - 7:30 PM Maggie Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 6:45 PM Katie B. Multi Purpose Room Flexibility & Focus 7:00 - 6:45 PM Katie B. Multi Purpose Room Flexibility & Focus 7:00 - 6:45 PM Katie B. Multi Purpose Room Flexibility & Focus 7:00 - 6:45 PM Katie B. Multi Purpose Room Flexibility & Focus 8:15-7:00 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 6:45 PM Katie B. Multi Purpose Room Flexibility & Focus 8:15-7:00 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Flexibility & Focus 7:00 - 7:30 PM Morgan Studio Fl | MONDAY | THESDAY | WEDNESDAY | | FRIDAY | SATURDAY | SUNDAY |
| Shelly Pool Strength Training 5:15-6:15 PM Aggie Studio Strength Training 5:15-6:00 PM Argan Studio Strength Training 5:30-6:15 PM Cynthia Studio Strength Training 5:30-6:15 PM Cynthia Studio Slate Belt Group Exercise Schedule and Interesting and Inter | Deep Water | Circuit Train | Aqua Fitness | Meditation in | | SATORSAT | SONDA |
| S:15-6:15 PM Maggie Studio | | | | 4:15-5:00 PM | | | |
| 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. Multi Purpose Room Group exercise classes are included in nembership. Registration required for all group exercit through the website or by visting the Welcas space is limited. Slate Belt Branch Stay & Play H Monday-Thursday 8AM-11:00 | 5:15-6:15 PM | 7:00 - 7:30 PM | 5:15-6:00 PM | 5:30-6:15 PM | | | |
| Monday-Thursday 8AM-11:00 | 5:30-6:15 PM | | Core 6:15-7:00 PM | 6:00 - 6:45 PM Katie B. Multi | | Registration required for all group exercise classes through the website or by visting the Welcome Center | |
| Monday-Thursday 5:00-7:30 Friday 8:00AM-11:00AM | | | | | | Slate Belt Branch Stay & Play Hours: Monday-Thursday 8AM-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 | Cardio/Endurance | Strength/Bodywork | Dance | Mind/Body | Aquatics | | JAPI-11:UUAM |

Updated 12/2/24

Highlighted items indicate a change in class format or time.

Please check <u>ymcarivercrossing.org/schedules</u> 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!