

**River Crossing YMCA | Slate Belt
Group Exercise Schedule February**

"We're here for you."

DAYTIME CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT Revolution 8:00-8:45 AM Taylor Studio	Aquacise 8:15-9:00 AM Lois Pool (No class 2/11)	Soul Fusion 8:15-9:00 AM Lindsay Studio (new class time)	Circuit Train 9:00-9:45 AM Katie S. 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	Express Indoor Cycling 9:00-9:30 AM Kate R Studio	Aquacise 8:15-9:00 AM Lois Pool No class 2/12)	Low Impact Aerobics 10:00-10:45 AM Rochelle Studio	Cardio Dance 9:15-10:00 AM Lois Studio	Yoga 10:00-10:45 AM Jessica S Studio	
AOA Range of Motion & Strength 10:00-10:30 AM Carmella Studio	Aquacise 9:15 - 10:00 AM Lois Pool (No class 2/11)	Aquacise 9:15 - 10:00 AM Lois Pool (No class 2/12)	Stretch & Core 11:00-11:45 AM Rochelle Studio	Aquacise 10:30-11:15 AM Lois Pool (No class 2/14)		
AOA Yoga 10:30-11:00 AM Carmella Studio	Cardio Drumming 10:00-10:45 AM Krysta Studio	Step it Up 9:15-9:45 AM Carmella Studio (No class 2/5)				
		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	HIIT 6:00 - 6:45 PM Maggie 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		Strength Training 5:15-6:00 PM Aorgan 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			Slate Belt Group Exercise Schedule Group exercise classes are included in your membership. Registration required for Aqua group exercise classes only through the website or by visiting the Welcome Center as space is limited.	
					Slate Belt Branch Stay & Play Hours: Monday-Friday 8AM-11:30AM Monday-Thursday 4:00-7:30PM Saturday 8:30AM-12:30PM	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

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 1/30/25