

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

"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	<b>Soul Fusion</b> 8:15-9:00 AM Lindsay   Studio	<b>Circuit Train</b> 9:00-9:45 AM Katie S.   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>Low Impact Aerobics</b> 10:00-10:45 AM Rochelle   Studio	<b>Cardio Dance</b> 9:15-10:00 AM Lois   Studio	<b>Yoga</b> 10:00-10:45 AM Jessica S   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>Stretch &amp; Core</b> 11:00-11:45 AM Rochelle   Studio	<b>Aquacise</b> 10:30-11:15 AM Lois   Pool (No class 3/28)		
<b>AOA Yoga</b> 10:30-11:00 AM Carmella   Studio	<b>Cardio Drumming</b> 10:00-10:45 AM Krysta   Studio	<b>NEW! LIIT Express</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>HIIT</b> 6:00 - 6:45 PM Maggie   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 (Shamrock Shake 3/17)		<b>Strength Training</b> 5:15-6:00 PM Aorgan   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>Slate Belt Group Exercise Schedule</b> 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.	
					<b>Slate Belt Branch Stay &amp; Play Hours:</b> 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](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 2/24/25