

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

"We're here for you."

**DAYTIME CLASSES**

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  |
|--|---|--|---|--|---|---|
| <b>HIIT Revolution</b><br>8:00-8:45 AM<br>Taylor   Studio                        | <b>Aquacise</b><br>8:15-9:00 AM<br>Lois   Pool<br>(No class 4/1)    | <b>Soul Fusion</b><br>8:15-9:00 AM<br>Lindsay   Studio                   | <b>Circuit Train</b><br>9:00-9:45 AM<br>Katie S.   Studio         | <b>Total Body</b><br>8:15-9:00 AM<br>Vanessa   Studio              | <b>Muscle Max</b><br>9:00-9:45 AM<br>Jo-Elle   Studio | <b>Zumba®</b><br>10:30-11:15 AM<br>Cynthia   Studio |
| <b>Zumba®</b><br>9:00-9:45 AM<br>Cynthia   Studio                                | <b>Express Indoor Cycling</b><br>9:00-9:30 AM<br>Kate R   Studio    | <b>Aquacise</b><br>8:15-9:00 AM<br>Lois   Pool<br>(No class 4/2)         | <b>Low Impact Aerobics</b><br>10:00-10:45 AM<br>Rochelle   Studio | <b>Cardio Dance</b><br>9:15-10:00 AM<br>Lois   Studio              | <b>Yoga</b><br>10:00-10:45 AM<br>Jessica S   Studio   |   |
| <b>AOA Range of Motion &amp; Strength</b><br>10:00-10:30 AM<br>Carmella   Studio | <b>Aquacise</b><br>9:15 - 10:00 AM<br>Lois   Pool<br>(No class 4/1) | <b>Aquacise</b><br>9:15 - 10:00 AM<br>Lois   Pool<br>(No class 4/2)      | <b>Stretch &amp; Core</b><br>11:00-11:45 AM<br>Rochelle   Studio  | <b>Aquacise</b><br>10:30-11:15 AM<br>Lois   Pool<br>(No class 4/4) |   |   |
| <b>AOA Yoga</b><br>10:30-11:00 AM<br>Carmella   Studio                           | <b>Cardio Drumming</b><br>10:00-10:45 AM<br>Krysta   Studio         | <b>LIIT Express</b><br>9:15-9:45 AM<br>Carmella   Studio                 |   |  |   |   |
|  |   | <b>Country Line Dance Fitness</b><br>10:00-10:45 AM<br>Carmella   Studio |   |  |   |   |

**EVENING CLASSES**

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY |
|--|--|---|--|----------|---|--------|
| <b>Deep Water</b><br>4:45-5:15 PM<br>Shelly   Pool   | <b>HIIT</b><br>6:00 - 6:45 PM<br>Maggie   Studio | <b>Aqua Fitness</b><br>4:45-5:30 PM<br>Shelly   Pool        | <b>Meditation in Movement</b><br>4:15-5:00 PM<br>Spirit   Studio |          |   |        |
| <b>Zumba®</b><br>5:15-6:15 PM<br>Justine   Studio    |  | <b>Strength Training</b><br>5:15-6:00 PM<br>Aorgan   Studio | <b>Zumba</b><br>5:30-6:15 PM<br>Cynthia   Studio                 |          |   |        |
| <b>Aqua Fitness</b><br>5:30-6:15 PM<br>Shelly   Pool |  | <b>Cycle &amp; Core</b><br>6:15-7:00 PM<br>Vanessa   Studio |  |          | <p><b>Slate Belt Group Exercise Schedule</b></p> <p>Group exercise classes are included in your membership.<br/>Registration required for Aqua group exercise classes only 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-Friday 8AM-11:30AM<br/>Monday-Thursday 4:00-7:30PM<br/>Saturday 8:30AM-12:30PM</p>   |        |
| 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 3/24/25