

**River Crossing YMCA | Slate Belt  
Group Exercise Schedule April 28-May 31**

"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              | <b>Soul Fusion</b><br>8:15-9:00 AM<br>Lindsay   Studio                       | <b>NEW DAY!<br/>Aquacise</b><br>8:15-9:00 AM<br>Lois   Pool           | <b>Total Body</b><br>8:15-9:00 AM<br>Lindsay/Taylor/Haley<br>  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>Cycle Express</b><br>9:00-9:30 AM<br>Kate R   Studio     | <b>LIIT Express</b><br>9:15-9:45 AM<br>Carmella   Studio                     | <b>Circuit Train</b><br>9:00-9:45 AM<br>Katie S.   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   Studio     |   |
| <b>Range of Motion &amp;<br/>Strength</b><br>10:00-10:30 AM<br>Carmella   Studio | <b>Aquacise</b><br>9:15-10:00 AM<br>Lois   Pool             | <b>Country Line<br/>Dance Fitness</b><br>10:00-10:45 AM<br>Carmella   Studio | <b>NEW DAY!<br/>Aquacise</b><br>9:15 - 10:00 AM<br>Lois   Pool        | <b>NEW!<br/>Range of Motion &amp;<br/>Strength</b><br>10:15-11:00 AM<br>Lois   Studio |   |   |
| <b>Chair Yoga</b><br>10:45-11:30 AM<br>Carmella   Studio                         | <b>Cardio Drumming</b><br>10:00-10:45 AM<br>Krysta   Studio |  | <b>Low Impact<br/>Aerobics</b><br>10:00-10:45 AM<br>Rochelle   Studio |   |   |   |
|  |   |  | <b>Stretch &amp; Core</b><br>11:00-11:45 AM<br>Rochelle   Studio      |   |   |   |

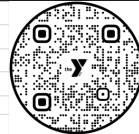
**EVENING CLASSES**

| 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<br/>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>Morgan   Studio | <b>Zumba</b><br>5:30-6:15 PM<br>Cynthia   Studio                     |        | <p><b>Group Exercise Schedule</b><br/>Group exercise classes are included in your p.<br/>Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is limited.</p> |        |
| <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>Kate R   Studio  |  |        |   |        |
|  |  |   |  |        | <p><b>Stay &amp; Play Hours:</b><br/>Monday-Friday 8:00AM-11:00AM<br/>Monday-Thursday 5:00-7:30PM<br/>Saturday 8:30AM-12:30PM</p>   |        |

|                  |                   |       |           |          |                |  |
|------------------|-------------------|-------|-----------|----------|----------------|--|
| Cardio/Endurance | Strength/Bodywork | Dance | Mind/Body | Aquatics | Senior/Adapted |  |
|------------------|-------------------|-------|-----------|----------|----------------|--|



For the most current class information please visit [Schedules](#) or scan the QR Code.



Visit us on [Y.Wellness.24/7](#) for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!