



River Crossing YMCA | Slate Belt Group Exercise Schedule June

"We're here for you."

Daytime Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>HIIT Revolution</div> <div>8:15-9:00 AM</div> <div>Taylor Studio</div> <div>(new class time)</div>	<div>Aquacise</div> <div>8:15-9:00 AM</div> <div>Lois Pool</div>	<div>Soul Fusion</div> <div>8:15-9:00 AM</div> <div>Lindsay Studio</div>	<div>Aquacise</div> <div>8:15-9:00 AM</div> <div>Lois Pool</div> <div>(Aqua Fitness with helly 6/26 only)</div>	<div>Total Body</div> <div>8:15-9:00 AM</div> <div>Lindsay/Taylor/Haley Studio</div>	<div>Muscle Max</div> <div>9:00-9:45 AM</div> <div>Jo-Elle Studio</div>	<div>Zumba®</div> <div>10:30-11:15 AM</div> <div>Cynthia Studio</div>
<div>Low Impact Movement & Strength Express</div> <div>9:15-9:45 AM</div> <div>Taylor Studio</div> <div>(new class time)</div>	<div>Cycle Express</div> <div>9:00-9:30 AM</div> <div>Kate R Studio</div>	<div>LIIT Express</div> <div>9:15-9:45 AM</div> <div>Carmella Studio</div>	<div>Circuit Train</div> <div>9:00-9:45 AM</div> <div>Katie S. Studio</div>	<div>Cardio Dance</div> <div>9:15-10:00 AM</div> <div>Lois Studio</div>	<div>Yoga</div> <div>10:00-10:45 AM</div> <div>Jessica Studio</div>	
<div>Range of Motion & Strength</div> <div>10:00-10:30 AM</div> <div>Carmella Studio</div>	<div>Aquacise</div> <div>9:15-10:00 AM</div> <div>Lois Pool</div>	<div>Country Line Dance Fitness</div> <div>10:00-10:45 AM</div> <div>Carmella Studio</div>	<div>Aquacise</div> <div>9:15 - 10:00 AM</div> <div>Lois Pool</div> <div>(Aqua Step with Shelly 6/26 only)</div>	<div>Range of Motion & Strength</div> <div>10:15-11:00 AM</div> <div>Lois Studio</div>		
<div>Chair Yoga</div> <div>10:45-11:30 AM</div> <div>Carmella Studio</div>	<div>Cardio Drumming</div> <div>10:00-10:45 AM</div> <div>Krysta Studio</div>		<div>Low Impact Aerobics</div> <div>10:00-10:45 AM</div> <div>Rochelle Studio</div>			
	<div>NEW!</div> <div>Aqua Step</div> <div>10:15-11:00 AM</div> <div>Shelly Pool</div> <div>(starting 6/17)</div>		<div>Stretch & Core</div> <div>11:00-11:45 AM</div> <div>Rochelle Studio</div>			

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		Group Exercise Schedule Group exercise classes are included in your p. Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is limited.	
Zumba® 5:15-6:15 PM Justine Studio		Strength Training 5:15-6:00 PM Morgan Studio	Zumba 5:30-6:15 PM Cynthia Studio			
Aqua Fitness 5:30-6:15 PM Shelly Pool		Cycle & Core 6:15-7:00 PM Kate R Studio				
					Stay & Play Hours: Monday-Friday 8:00AM-11:00AM Monday-Thursday 5:00-7:30PM Saturday 8:30AM-12:30PM	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted
	 <p>For the most current class information please visit Schedules or scan the QR Code.</p>			 <p>Visit us on Y Wellbeing 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!</p>	
Updated 5/27/25					