



## River Crossing YMCA | Slate Belt Group Exercise Schedule July

**"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>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>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 &amp; Strength Express</div> <div>9:15-9:45 AM</div> <div>Taylor   Studio</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 &amp; Strength</div> <div>10:00-10:30 AM</div> <div>Jessica B   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>Range of Motion &amp; 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>Jessica B   Studio</div>	<div>Cardio Drumming</div> <div>10:00-10:45 AM</div> <div>Rochelle   Studio</div>		<div>Low Impact Aerobics</div> <div>10:00-10:45 AM</div> <div>Rochelle   Studio</div>			
	<div>Aqua Step</div> <div>10:15-11:00 AM</div> <div>Shelly   Pool</div>		<div>Stretch &amp; Core</div> <div>11:00-11:45 AM</div> <div>Rochelle   Studio</div>			

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>Group Exercise Schedule</b> 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.	
<b>Zumba®</b> 5:15-6:15 PM Justine   Studio		<b>Strength Training</b> 5:15-6:00 PM Morgan   Studio	<b>Zumba</b> 5:30-6:15 PM Cynthia  Studio			
<b>Aqua Fitness</b> 5:30-6:15 PM Shelly   Pool		<b>Cycle &amp; Core</b> 6:15-7:00 PM Kate R   Studio				
					<b>Stay &amp; Play Hours:</b>  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 <a href="#">Schedules</a> or scan the QR Code.</p>			 <p>Visit us on <a href="#">Y Wellbeing 24/7</a> for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!</p>	
Updated 6/25/25					