

RIVER CROSSING YMCA | Deer Path
Group Exercise Schedule
August Modified Schedule 8/25-8/31

"We're here for you."

DAYTIME CLASSES						
Monday 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29	Saturday 8/30	Sunday 8/31
Spin 6:00 -7:00 AM Karlyn FS	Strength Train™ 6:30-7:30 AM Ann MPR	Low Impact 8:00-9:00 AM Jill MPR	Strength Train™ 6:30-7:30 AM Ann MPR	Bootcamp 8:00-8:45 AM Abby MPR	Yoga 8:00- 9:00 AM Monalisa MPR	Defend™ 8:00- 8:45 AM Liz MPR
Balance & Flex™ 8:00-9:00 AM Jill MPR	Pilates 9:00-9:45 AM Jill MPR	Yoga 9:00 -10:00 AM Heather FS	Circuit 8:00-8:45 AM Abby MPR	Balance & Flex™ 9:00- 10:00 AM Jill FS	Spin 8:00-9:00 AM Pete FS	Yoga 9:00 -10:00 AM Ann MPR
Pilates/Barre Fusion 9:00-9:45 AM Carrie FS	Yoga Fusion TRX 10:00-11:00 AM Jill MPR	Strength Train™ 9:15-10:15 AM Jill MPR	Yoga 9:00-10:00 AM Jill MPR	Strength Train™ 9:15-10:15 AM Lisa MPR	Groove™ 9:15-10:15 AM Jill MPR	
Strength Train™ 9:15-10:15 AM Lisa MPR	Senior Dance 11:15-12:00 PM Jill MPR	Stretch & Balance 11:15-12:00 PM Heather MPR	Tabata 10:15-11:00 AM Jill MPR	Stretch & Balance Express 10:30 -11:00 AM Jill MPR	Strength Train™ 10:30-11:15 AM Lisa/Ann MPR	
Ab Blast! 10:30 -11:00 AM Jill MPR			Senior Strength 11:15-12:00 PM Jill MPR	Senior Dance 11:15-12:00 PM Jill MPR		
Senior Stretch 11:15-12:00 PM Jill Gym					Deer Path Group Exercise Schedule <u>Group exercise classes are included in your membership.</u>	
EVENING CLASSES						
Monday 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29	Saturday 8/30	Sunday 8/31
Active™ 4:15-5:15 PM Denise MPR	Yoga 4:30-5:15 PM Monalisa FS	Strength Train™ 4:15 -5:15 PM Denise MPR	Yoga 6:45-7:45 PM Jill MPR			
Strength Train™ 5:30 -6:15 PM Denise MPR	Total Body 5:30 -6:30 PM Karlyn FS	Active™ 5:30 -6:30 PM Denise MPR				
Groove™ 6:30-7:30 PM Jill MPR					Deer Path Stay & Play Hours Monday 8:30AM-11:30AM / 4:00PM-7:30PM Tuesday 8:30AM-11:30AM / 4:00-7:30PM Wednesday 8:30AM-11:30AM / 4:00-7:30PM Thursday 8:30AM-11:30AM / 4:00-7:30PM Friday 8:30AM-11:30AM Saturday 8:00-12:30PM	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

Please check ymcarivercrossing.org 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!

QR Code to schedules



Updated 8/20/25