

**RIVER CROSSING YMCA | Deer Path**  
**Group Exercise Schedule**  
**September Modified Schedule 9/1-9/7**

"We're here for you."

DAYTIME CLASSES						
Monday 9/1	Tuesday 9/2	Wednesday 9/3	Thursday 9/4	Friday 9/5	Saturday 9/6	Sunday 9/7
CLOSED LABOR DAY	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
	Pilates 9:00-9:45 AM Jill   MPR	Yoga 9:00 -10:00 AM Heather   FS	Circuit 8:00-8:45 AM Abby   MPR	Strength Train™ 9:15-10:15 AM Lisa   MPR	Spin 8:00 -9:00 AM Pete   FS	Yoga 9:00-10:00 AM Ann   MPR
	Aqua Dynamix 10:00-10:45 AM Mary   Pool	Strength Train™ 9:15-10:15 AM Jill   MPR	Pilates/Barre Fusion 10:00-10:45 AM Carrie   MPR	Low Impact 10:30-11:15 AM Carrie   MPR	Strength Train™ 10:30-11:15 AM Lisa/Ann   MPR	
	Yoga Fusion TRX 10:00-11:00 AM Jill   MPR	Aqua Dynamix 10:00-10:45 AM Mary   Pool	Aqua Dynamix 10:00-10:45 AM Mary   Pool			
	Senior Dance 11:15-12:00 PM Jill   MPR				<u>Deer Path Group Exercise Schedule</u>  <u>Group exercise classes are included in your membership.</u>	
EVENING CLASSES						
Monday 9/1	Tuesday 9/2	Wednesday 9/3	Thursday 9/4	Friday 9/5	Saturday 9/6	Sunday 9/7
CLOSED LABOR DAY	Yoga 4:30 -5:15 PM Monalisa   FS	Strength Train™ 4:15 -5:15 PM Denise   MPR				
	Total Body 5:30 -6:30 PM Karlyn   FS	Active™ 5:30-6:30 PM Denise   MPR				
					<u>Deer Path Stay &amp; Play Hours</u>  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](http://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 8/21/25