

**River Crossing YMCA | Slate Belt
Group Exercise
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
Range of Motion & Strength 10:00-10:30 AM Jessica B Studio	Aquacise 8:15 - 9:00 AM Lois Pool	Soul Fusion 8:15-9:00 AM Lindsay Studio	Aquacise 8:15 - 9:00 AM Lois Pool	Total Body 8:15-9:00 AM Lindsay Studio	Yoga 10:00-10:45 AM Jessica Studio	Zumba® 10:30-11:15 AM Cynthia Studio
Chair Yoga 10:45-11:30 AM Jessica B Studio	Aquacise 9:15 - 10:00 AM Lois Pool	LIIT Express 9:15-9:45 AM Carmella Studio	Circuit Train 9:15-9:45 AM Carmella Studio	Cardio Dance 9:15-10:00 AM Lois Studio		
	Cardio Drumming 10:00-10:45 AM Rochelle Studio	Country Line Dance Fitness 10:00-10:45 AM Carmella Studio	Aquacise 9:15 - 10:00 AM Lois Pool	Range of Motion & Strength 10:15-11:00 AM Lois Studio		
			Low Impact Aerobics 10:00-10:45 AM Rochelle Studio			
EVENING CLASSES						
Monday 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29	Saturday 8/30	Sunday 8/31
Deep Water 4:45-5:15 PM Shelly Pool		Aqua Fitness 4:45-5:30 PM Shelly Pool	Meditation in Movement 4:15-5:00 PM Spirit Studio			
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					<u>Slate Belt Group Exercise Schedule</u> Group exercise classes are included in your membership.	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

Please check ymcarivercrossing.org/schedules 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!

Updated 8/20/25