

**River Crossing YMCA | Slate Belt
Group Exercise
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	Aquacise 8:15 - 9:00 AM Lois Pool	Soul Fusion 8:15-9:00 AM Lindsay Studio	Circuit Train 9:15-9:45 AM Carmella Studio	Total Body 8:15-9:00 AM Lindsay/Hayley Studio	Yoga 10:00-10:45 AM Jessica Studio	Zumba® 10:30-11:15 AM Cynthia Studio
	Aquacise 9:15 - 10:00 AM Lois Pool	LIIT Express 9:15-9:45 AM Carmella Studio	Low Impact Aerobics 10:00-10:45 AM Rochelle 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		Range of Motion & Strength 10:15-11:00 AM Lois Studio		
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		Strength Training 5:15-6:00 PM Morgan Studio	Meditation in Movement 4:15-5:00 PM Spirit Studio			
			Zumba® 5:30-6:15 PM Cynthia Studio			
					<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