



**River Crossing YMCA | Slate Belt
Group Exercise
October Schedule**

"We're here for you."

| DAYTIME CLASSES | | | | | | |
|---|--|--|---|--|---|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Total Body Strength 8:15-9:00 AM Kate Studio | HIIT Revolution 8:15-9:00 AM Taylor Studio | Soul Fusion 8:15-9:00 AM Lindsay Studio | Circuit Train 9:00-9:45 AM Katie S. Studio | Total Body 8:15-9:00 AM Vanessa Studio | Muscle Max 9:00-9:45 AM Jo-Elle Studio | Zumba® 10:30-11:15 AM Cynthia Studio |
| Aquacise 8:15-9:00 AM Lois Pool (No class 10/20 only) | Low Impact Movement & Strength Express 9:15-9:45 AM Taylor Studio | Aquacise 8:15-9:00 AM Lois Pool (No class 10/22 only) | Low Impact Aerobics 10:00-10:45 AM Rochelle Studio | Cardio Dance 9:15-10:00 AM Lois Studio | Yoga 10:00-10:45 AM Jessica Studio | |
| Aquacise 9:15-10:00 AM Lois Pool (No class 10/20 only) | Cardio Drumming 10:00-10:45 AM Rochelle Studio | Aquacise 9:15-10:00 AM Lois Pool (No class 10/22 only) | | Range of Motion & Strength 10:15-11:00 AM Lois Studio | | |
| Cycle Express 9:15-9:45 AM Kate Studio | | LIIT Express 9:15-9:45 AM Carmella Studio | | | | |
| Range of Motion & Strength 10:00-10:30 AM Jessica B Studio | | Country Line Dance Fitness 10:00-10:45 AM Carmella Studio | | | | |
| Chair Yoga 10:45-11:30 AM Jessica B Studio | | | | | | |

| EVENING CLASSES | | | | | | |
|---|--|---|--|--------|---|--------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Deep Water 4:45-5:15 PM Shelly Pool | HIIT 6:00-6:45 PM Kate Studio | 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/Cynthia 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 | | | | | | |
| | | | | | <p>Group Exercise Schedule 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.</p> | |
| | | | | | <p>Stay & Play Hours: Monday-Friday 8:00AM-11:00AM Monday-Thursday 5:00-7:30PM Saturday 8:30AM-12:30PM</p> | |

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|------------------|---|-------|-----------|---|----------------|--|
| Cardio/Endurance | Strength/Bodywork | Dance | Mind/Body | Aquatics | Senior/Adapted | |
| |  <p>For the most current class information please visit Schedules or scan the QR Code.</p> | | |  <p>Visit us on Y.Wellness 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!</p> | | |
| Updated 9/26/25 | | | | | | |