

RIVER CROSSING YMCA | Deer Path
Group Exercise
December 1-21st Schedule

"We're here for you."

DAYTIME CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Balance & Flex™ 8:00-9:00 AM Jill MPR	Strength Train™ 6:30-7:30 AM Ann MPR	HIIT Revolution 6:30-7:15 AM Laura 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 45™ 8:00 - 8:45 AM Liz MPR
Pilates/Barre Fusion 9:00-9:45 AM Carrie FS	Pilates 9:00-9:45 AM Jill MPR	Low Impact 8:00-9:00 AM Jill MPR	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
Strength Train™ 9:15-10:15 AM Lisa MPR	Aqua Dynamix 10:00-10:45 AM Mary POOL	Strength Train™ 9:15-10:15 AM Jill MPR	Kickboxing 9:00-10:00 AM Marianne FS	Balance & Flex™ 9:00-10:00 AM Jill FS	Groove™ 9:15 - 10:15 AM Jill MPR	
Ab Blast 10:30 - 11:00 AM Jill MPR	Yoga Fusion TRX 10:00-11:00 AM Jill MPR	Yoga 9:00-10:00 AM Heather FS	Yoga 9:00-10:00 AM Jill MPR	Stretch & Balance Express 10:30-11:00 AM Jill MPR	Strength Train™ 10:30-11:15 AM Lisa/Ann MPR	
Senior Stretch 11:15-12:00 PM Jill Gym	Senior Dance 11:15-12:00 PM 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		
		Stretch & Balance 11:15-12:00 PM Carrie MPR	Tabata 10:15-11:00 AM Jill MPR		<u>Deer Path Group Exercise Schedule</u> <u>Group exercise classes are included</u> <u>in your membership.</u>	
			Senior Strength 11:15-12:00 PM Jill Gym			

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	Defend™ 5:30-6:30 PM Liz FS		<u>Deer Path Stay & 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 8:30-12:30PM	
Strength Train 45™ 5:30 -6:15 PM Denise MPR	Total Body 5:30-6:30 PM Liz FS	Active™ 5:30-6:30 PM Denise MPR	Yoga 6:45-7:45 PM Deidre MPR			
Groove™ 6:30 - 7:30 PM Jill MPR						
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 11/24/25