

**River Crossing YMCA | Slate Belt
Group Exercise
December 2025 Modified Schedule 12/22-12/28**

"We're here for you."

DAYTIME CLASSES						
Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27	Sunday 12/28
Range of Motion & Strength 10:00-10:30 AM Jessica B Studio	Cardio Drumming 10:00-10:45 AM Rochelle Studio	Aquacise 9:15-10:00 AM Shelly Pool	CLOSED	Total Body 8:15-9:00 AM Vanessa Studio	Muscle Max 9:00-9:45 AM Jo-Elle Studio	Aqua Step Pop Up! 11:30-12:15 PM Shelly Pool
Chair Yoga 10:45-11:30 AM Jessica B Studio		LIIT Express 9:15-9:45 AM Carmella Studio			Yoga 10:00-10:45 AM Jessica Studio	
		Country Line Dance Fitness 10:00-10:45 AM Carmella Studio				
EVENING CLASSES						
Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27	Sunday 12/28
Aqua Fitness 4:45-5:15 PM Shelly Pool		CLOSED	CLOSED			
Zumba 5:15-6:15 PM Justine 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 12/11/25