

**River Crossing YMCA | Slate Belt
Group Exercise
December 2025 Modified Schedule 12/29-1/4**

"We're here for you."

DAYTIME CLASSES						
Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4
Aquacise 9:15-10:00 AM Shelly Pool		Soul Fusion 8:15-9:00 AM Lincdsay Studio	CLOSED	Total Body 8:15-9:00 AM Vanessa Studio	Muscle Max 9:00-9:45 AM Jo-Elle Studio	
Range of Motion & Strength 10:00-10:30 AM Jessica B Studio		Aquacise 9:15-10:00 AM Lois Pool		Cardio Dance 9:15-10:00 AM Lois Studio	Yoga 10:00-10:45 AM Jessica Studio	
Chair Yoga 10:45-11:30 AM Jessica B Studio		LIIT Express 9:15-9:45 AM Carmella Studio		Range of Motion & Strength 10:15-11:00 AM Lois Studio		
		Country Line Dance Fitness 10:00-10:45 AM Carmella Studio				
EVENING CLASSES						
Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4
Zumba 5:15-6:15 PM Justine Studio		CLOSED	CLOSED		Slate Belt Group Exercise Schedule 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