



River Crossing YMCA | Slate Belt
Group Exercise
January 5th-31st 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® 10:00-10:45 AM Cynthia Studio (new class time)
Aquacise 8:15-9:00 AM Lois Pool	Low Impact Movement & Strength Express 9:15-9:45 AM Taylor Studio	Aquacise 8:15-9:00 AM Lois Pool	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	Cardio Drumming 10:00-10:45 AM Rochelle Studio	Aquacise 9:15-10:00 AM Lois Pool		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 Taylor Studio				
Range of Motion & Strength 10:00-10:30 AM Jessica B Studio		Country Line Dance 10:00-10:45 AM Carmella Studio (1/7 only) Cardio Dance 10:30-11:15 AM Lois Studio (1/14, 1/21, 1/28)				
Chair Yoga 10:45-11:30 AM Jessica B Studio						
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Fitness 4:45-5:30 PM Shelly Pool	HIIT 6:00-6:45 PM Kate Studio	Strength Training 5:15-6:00 PM Morgan Studio	Meditation in Movement 4:30-5:15 PM Spirit Studio (new start time)		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. Stay & Play Hours: Monday-Friday 8:00AM-11:00AM Monday-Thursday 5:00-7:30PM Saturday 8:30AM-12:30PM	
Zumba® 5:15-6:15 PM Justine/Cynthia Studio	NEW! Aqua Blast 6:00-6:45 PM Leanne Pool (starting 1/20)		NEW! Aqua Step 4:45-5:30 PM Shelly Pool			
			Zumba 5:30-6:15 PM Cynthia Studio			
			NEW! Aqua Blast 6:00-6:45 PM Leanne Pool (starting 1/22)			
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
		For the most current class information please visit Schedules or scan the QR Code.			Visit us on Y Wellness 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!	Updated 12/23/26