

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

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquacise 8:15-9:00 AM Lois Pool (No class 3/23)	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 Rochelle 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
Aquacise 9:15-10:00 AM Lois Pool (No class 3/23)	Low Impact Movement & Strength Express 9:15-9:45 AM Taylor Studio	Aquacise 8:15-9:00 AM Lois Pool (No class 3/25)	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	
Range of Motion & Strength 10:00-10:30 AM Carmella Studio (No class 3/9 only)	Cardio Drumming 10:00-10:45 AM Rochelle Studio	Aquacise 9:15-10:00 AM Lois Pool (No class 3/25)		Range of Motion & Strength 10:15-11:00 AM Lois Studio		
Chair Yoga 10:45-11:30 AM Lois/Carmella Studio (Lois 3/9, Carmella 3/2, 3/16, 3/23, 3/30)		LIIT Express 9:15-9:45 AM Carmella Studio				
		Country Line Dance 10:00-10:45 AM Carmella Studio				

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Fitness 4:45-5:30 PM Shelly Pool	Yoga 6:00-6:45 PM Maggie Studio	Strength Training 5:15-6:00 PM Morgan Studio	Meditation in Movement 4:30-5:15 PM Spirit Studio		<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>	
Zumba® 5:15-6:15 PM Justine Studio			Aqua Step 4:45-5:30 PM Shelly Pool			
			Zumba 5:30-6:15 PM Cynthia Studio		<p>Stay & Play Hours: Monday-Friday 8:00AM-11:00AM Monday-Thursday 5:00-7:30PM Saturday 8:30AM-12:30PM</p>	

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 2/20/26