

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



"We're here for you."

**DAYTIME CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Aquacise</b> 8:15-9:00 AM Lois   Pool	<b>HIIT Revolution</b> 8:15-9:00 AM Taylor   Studio	<b>Soul Fusion</b> 8:15-9:00 AM Lindsay   Studio	<b>Circuit Train</b> 9:00-9:45 AM Rochelle   Studio	<b>Total Body</b> 8:15-9:00 AM Vanessa   Studio	<b>Muscle Max</b> 9:00-9:45 AM Jo-Elle   Studio	<b>Zumba®</b> 10:00-10:45 AM Cynthia   Studio
<b>Country Line Dance</b> 9:00-9:45 AM Carmella   Studio	<b>Low Impact Movement &amp; Strength Express</b> 9:15-9:45 AM Taylor   Studio	<b>Aquacise</b> 8:15-9:00 AM Lois   Pool	<b>Low Impact Aerobics</b> 10:00-10:45 AM Rochelle   Studio	<b>Cardio Dance</b> 9:15-10:00 AM Lois   Studio	<b>Yoga</b> 10:00-10:45 AM Jessica   Studio	
<b>Aquacise</b> 9:15-10:00 AM Lois   Pool	<b>Cardio Drumming</b> 10:00-10:45 AM Rochelle   Studio	<b>Aquacise</b> 9:15-10:00 AM Lois   Pool		<b>Range of Motion &amp; Strength</b> 10:15-11:00 AM Lois   Studio		
<b>Range of Motion &amp; Strength</b> 10:00-10:30 AM Carmella   Studio		<b>Stretch &amp; Core</b> 10AM - 10:45 AM Rochelle   Studio				
<b>Chair Yoga</b> 10:45-11:30 AM Carmella   Studio						

**EVENING CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Aqua Fitness</b> 4:45-5:30 PM Shelly   Pool	<b>Yoga</b> 6:00-6:45 PM Maggie   Studio	<b>Strength Training</b> 5:15-6:00 PM Morgan   Studio	<b>**New Time** Meditation in Movement</b> 4:15-5:00 PM Spirit   Studio		<p><b>Group Exercise Schedule</b> 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>	
<b>Zumba®</b> 5:15-6:15 PM Justine   Studio			<b>Aqua Step</b> 4:45-5:30 PM Shelly   Pool			
			<b>Zumba</b> 5:30-6:15 PM Cynthia   Studio		<p><b>Stay &amp; Play Hours:</b> 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 <a href="#">Schedules</a> or scan the QR Code.			Visit us on <a href="#">Y Wellness 24/7</a> for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!	
						4/28/26