

RIVER CROSSING YMCA | Deer Path
Group Exercise
June 2026 Schedule

"We're here for you."

DAYTIME CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Balance & Flex™ 8:00-9:00 AM Jill MPR	Strength Train™ 6:30-7:30 AM Ann MPR	HIIT Revolution 6:30-7:15 AM Laura MPR	Strength Train™ 6:30-7:30 AM Ann MPR	Bootcamp 8:00-8:45 AM Jill MPR	Spin 8:00 -9:00 AM Pete FS	**Now 60 Min** Defend 8:00 - 9:00 AM Liz MPR
Pilates/Barre Fusion 9:00-9:45 AM Carrie FS	Pilates 9:00-9:45 AM Jill MPR	Low Impact 8:00-9:00 AM Jill MPR	Circuit 8:00-8:45 AM Abby MPR	Balance & Flex™ 9:15-10:00 AM Jill FS	Yoga 8:00 -9:00 AM Jill MPR	**New Time** Yoga 9:15 -10:15 AM Ann MPR
Strength Train™ 9:15-10:15 AM Lisa MPR	Aqua Dynamix 10:00-10:45 AM Mary POOL	Strength Train™ 9:15-10:15 AM Jill MPR	Yoga 9:00-10:00 AM Jill MPR	Strength Train™ 9:15-10:15 AM Lisa MPR	Groove™ 9:15 - 10:15 AM Jill MPR	
NEW Senior Stretch 10:30 - 11:15 AM Jill MPR	Yoga Fusion TRX 10:00-11:00 AM Jill MPR	Yoga 9:00-10:00 AM Heather FS	Aqua Dynamix 10:00-10:45 AM Mary POOL	**NEW** Aqua Deep 10:00-10:45 AM Flora POOL	**Now 60 min** Strength Train™ 10:30-11:30 AM Lisa/Ann MPR	
Senior Stretch 11:30 -12:15 PM Jill MPR	Senior Dance 11:15-12:00 PM Jill MPR	Aqua Dynamix 10:00-10:45 AM Mary POOL	Tabata 10:15-11:00 AM Jill MPR	Stretch & Balance Express 10:30-11:00 AM Jill MPR		
		Chair Yoga 11:15-12:00 PM Ann MPR	Senior Strength 11:15-12:00 PM Jill MPR	Senior Strength & Stretch 11:15-12:00 PM Carrie MPR	Deer Path Group Exercise Schedule Group exercise classes are included in your membership.	
			NEW Senior Strength 12:15-1:00 PM Jill MPR	*NEW!* YogaFlow Dance 12:15-1:00 PM Deirdre MPR		

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Active™ 4:15-5:15 PM Denise MPR	**New Location** Total Body 5:30-6:30 PM Liz MPR	Strength Train™ 4:15 -5:15 PM Denise MPR	Defend™ 5:30-6:30 PM Liz FS		Deer Path Stay & Play Hours Monday 8:30AM-11:30AM / 4:00PM-7:30PM Tuesday 8:30AM-11:30AM / 4:00-7:30PM Wednesday 8:30AM-11:30AM / 4:00-7:30PM Thursday 8:30AM-11:30AM / 4:00-7:30PM Friday 8:30AM-11:30AM Saturday 8:00-12:30PM	
Strength Train 45™ 5:30 -6:15 PM Denise MPR	**New Time** Balance & Flex™ 6:45 - 7:30 PM Ann MPR	Active™ 5:30-6:30 PM Denise MPR	Yoga 6:45-7:45 PM Deirdre MPR			
Groove™ 6:30 - 7:30 PM Jill MPR						
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

Please check ymcarivercrossing.org 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!

QR Code to schedules



Updated 5/26/26