

RIVER CROSSING YMCA | Deer Path
Group Exercise Schedule
August 2024

"We're here for you."

DAYTIME CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 6:00-7:00 AM Karlyn FS	Strength Train™ 6:30-7:30 AM Ann MPR	HIIT 6:30-7:15 AM Laura MPR	Strength Train™ 6:30-7:30 AM Ann MPR	Step & Sculpt 8:00-9:00 AM Carrie MPR	Yoga 8:00- 9:00 AM Jill MPR	Defend 45™ 8:00 - 8:45 AM Liz MPR
Balance & Flex™ 8:00-9:00 AM Jill MPR	Defend™ 7:45-8:45 AM Liz/Ellen MPR	Low Impact 8:00-8:45 AM Jill MPR	HIIT 8:00-8:45 AM Liz/Carrie MPR	Balance & Flex™ 9:00- 10:00 AM Jill FS	Spin 8:00 -9:00 AM Pete FS	Yoga 9:00 -10:00 AM Ann MPR
Pilates/Barre Fusion 9:00-9:45 AM Carrie FS	Pilates 9:00-9:45 AM Jill MPR	Strength Train™ 9:00-10:00 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	
Strength Train™ 9:15-10:15 AM Lisa MPR	Aqua Dynamix 10:00-10:45 AM Mary POOL	Yoga 9:00 -10:00 AM Heather FS	Defend™ 9:00-10:00 AM Liz FS	Stretch & Balance Express 10:30-11:00 AM Jill MPR	Strength Train™ 10:15-11:00 AM Lisa FS	
Ab Blast 10:30 - 11:00 AM Jill MPR	Yoga Fusion TRX 10:00-11:00 AM Jill MPR	Aqua Dynamix 10:00-10:45 AM Mary POOL	Aqua Dynamix 10:00-10:45 AM Mary POOL	Senior Dance 11:15-12:00 PM Jill MPR		
Senior Stretch 11:15-12:00 PM Jill Gym	Senior Dance 11:15-12:00 PM Jill MPR	Stretch & Balance 11:15-12:00 PM Liz MPR	Tabata 10:15-11:00 AM Jill MPR		<u>Deer Path Group Exercise Schedule</u> <u>Group exercise classes are included</u> <u>in your membership.</u>	
			Senior Strength 11:15-12:00 PM Jill MPR			

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Active™ 4:15-5:15 PM Denise MPR	Total Body 5:30-6:30 PM Karlyn FS	Active™ 4:15-5:15 PM Denise MPR	Yoga 6:45-7:45 PM Jill MPR			
Strength Train 45™ 5:30 -6:15 PM Denise MPR		Strength Train™ 5:30 -6:30 PM Denise MPR				
Groove™ 6:30 - 7:30 PM Jill MPR		Spin 6:00-6:45 PM Karlyn FS			<u>Deer Path Stay & Play Hours</u> 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 8:00-11:00AM	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

Please check ymcabhc.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 7/24/24

