

RIVERFRONT YMCA GROUP EXERCISE SCHEDULE



MONDAY

SS CLASSIC
10 - 10:45AM
RUTH
Gym

SS YOGA
11 - 11:45AM
RUTH
Group Ex

KID'S BOOT CAMP
5:30 - 6:15PM
JEN
Kickboxing

POWER PUMP
6 - 6:45PM
BETH
Group Ex

WILD CARD
6:30 - 7:15PM
JEN
Kickboxing

CYCLING
7 - 7:45PM
BETH
Cycling Room

TUESDAY

SS CLASSIC
10 - 10:45AM
RUTH
Group Ex

SS CIRCUIT
11 - 11:45AM
RUTH
Gym

TONING
5:30 - 6:15PM
AL
Group Ex

KICKBOXING
6 - 6:45PM
CRYSTAL
Kickboxing Room

KICKBOXING
7 - 7:45PM
CRYSTAL
Kickboxing Room

WEDNESDAY

SS CLASSIC
10 - 10:45AM
RUTH
Gym

SS YOGA
11 - 11:45AM
RUTH
Group Ex

CYCLING
5:30 - 6:15PM
AL
Cycling Room

BARRE
6 - 6:45PM
ANDY
Group Ex

POWERPUMP
7 - 7:45PM
ANDY
Group Ex

THURSDAY

SS CIRCUIT
10 - 10:45AM
ANN
Group Ex

TONING
5:30 - 6:15PM
AL
Group Ex

HIP HOP
6:30 - 7:15PM
KRISTIN
Group Ex

FRIDAY

SS CLASSIC
11 - 11:45AM
ANDY
Gym

SATURDAY

IMPORTANT INFORMATION

Registration for MEMBERS is not required.

Classes are offered on a first-come, first-served basis.

All fitness classes offered are FREE to members.

Group exercise classes are for all levels of fitness. Inform the instructor if you are new, we are happy to show you modifications for all levels of fitness.

Per the requirements from the State of Ohio, please do not arrive more than 10 minutes prior to the start of your class unless you will be utilizing the fitness center. All classes will require an admittance ticket unique to that particular class time. If attending multiple classes back to back, please stop at the front desk between classes to get your ticket for your subsequent class. Tickets will be distributed on a first come first serve basis within the 10 minute window before each class start time.

last updated January 22, 2021