

# RIVERFRONT YMCA SUMMER SESSION GROUP EXERCISE SCHEDULE



## MONDAY

**SS CLASSIC**  
10 - 10:45AM  
RUTH  
Gym

**SS YOGA**  
11 - 11:45AM  
RUTH  
Group Ex

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**POWER PUMP**  
6 - 6:45PM  
BETH  
Group Ex

**HATHA YOGA**  
6 - 6:45PM  
TRISH  
Basement

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

**CYCLING**  
7 - 7:45PM  
BETH  
Group Ex

## TUESDAY

**CYCLING**  
6 - 6:45AM  
KEN  
Group Ex

**SS CLASSIC**  
10 - 10:45AM  
RUTH  
Group Ex

**SS CIRCUIT**  
11 - 11:45AM  
RUTH  
Gym

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

**KICKBOXING**  
6 - 6:45PM  
RACHEL  
Kickboxing Room

**WILD CARD**  
7 - 7:45PM  
RACHEL  
Group Ex

## WEDNESDAY

**SS CLASSIC**  
10 - 10:45AM  
RUTH  
Gym

**SS YOGA**  
11 - 11:45AM  
RUTH  
Group Ex

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**CYCLING**  
5:30 - 6:15PM  
AL  
Kickboxing

**BARRE**  
6 - 6:45PM  
ANDY  
Group Ex

**POWERPUMP**  
7 - 7:45PM  
ANDY  
Group Ex

## THURSDAY

**CYCLING**  
6 - 6:45AM  
KEN  
Group Ex

**SS CIRCUIT**  
10 - 10:45AM  
ANN  
Group Ex

**STRENGTH & CONDITIONING**  
11 - 11:45AM  
DEMICA  
Group Ex

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

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

## FRIDAY

**TRX**  
9 - 9:45AM  
MIKE  
Kickboxing

**STRENGTH & CONDITIONING**  
10 - 10:45AM  
DEMICA  
Group Ex

**SS CLASSIC**  
11 - 11:45AM  
ANDY  
Gym

## SATURDAY

**TRX**  
9 - 9:45AM  
MIKE  
Kickboxing

**BOOT CAMP**  
10 - 10:45AM  
DEMICA  
Group Ex

## 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.

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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.

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June 29, 2021 update