

RIVERFRONT YMCA GROUP EXERCISE SCHEDULE



MONDAY

SS CLASSIC
10 - 10:45AM
RUTH
Gym

SS YOGA
11 - 11:45AM
RUTH
Group Ex

TABATA
5 - 5:45PM
SARAH
Group Ex

POWER PUMP
6 - 6:45PM
BETH
Group Ex

HATHA YOGA
6 - 6:45PM
TRISH
Basement

CYCLING
7 - 7:45PM
BETH
Cycling

KETTLES & COUNTRY
8 - 8:45PM
SARAH
Group Ex

TUESDAY

CYCLING
6 - 6:45AM
KEN
Cycling

SS CLASSIC
10 - 10:45AM
RUTH
Group Ex

SS CIRCUIT
11 - 11:45AM
RUTH
Group Ex

TABATA
5 - 5:45PM
SARAH
Kickboxing Room

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

KICKBOXING
6 - 6:45PM
RACHEL
Kickboxing Room

WILD CARD
7 - 7:45PM
RACHEL
Group Ex

YOGA STRONG
8 - 8:45PM
SARAH
Group Ex

WEDNESDAY

SS CLASSIC
10 - 10:45AM
RUTH
Group Ex

SS YOGA
11 - 11:45AM
RUTH
Group Ex

HEATHER KNOLL/Parkinson's Specialty Class
2:00 - 3:00PM
Group Ex

CYCLING
5:30 - 6:15PM
AL
Cycling

MAT PILATES
6:00 - 6:45PM
Lisa
Group Ex

THURSDAY

CYCLING
6 - 6:45AM
KEN
Cycling

SS CIRCUIT
10 - 10:45AM
ANN
Group Ex

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

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

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

FRIDAY

MAT PILATES
8:00 - 8:45AM
Lisa
Group Ex

TRX
9 - 9:45AM
MIKE
Kickboxing

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

SS CLASSIC
11 - 11:45AM
ANGEL
Group Ex

SATURDAY

FAMILY YOGA
9 - 9:45AM
SARAH
Group Ex

TRX
9 - 9:45AM
MIKE
Kickboxing

BOOT CAMP
10 - 10:45AM
DEMICA
Group Ex

MAT PILATES
11 - 11:45AM
Lisa
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.

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.

September 23, 2021 update

FALL 1
September 5 - October 25