

RIVERFRONT YMCA GROUP EXERCISE SCHEDULE

Fall I
August 13 - October 31



MONDAY

SS CLASSIC
10 - 10:45AM
RUTH
Group Ex

SS YOGA
11 - 11:45AM
RUTH
Group Ex

POWER PUMP
6 - 6:45PM
BETH
Group Ex

HATHA YOGA
6 - 6:45PM
TRISH
Basement

CYCLING
7 - 7:45PM
BETH
Cycling Room

TUESDAY

CYCLING
6 - 6:45AM
KEN
Cycling Room

**GENTLE FLOW
YOGA**
9 - 9:45AM
MEGAN
Group Ex

SS CLASSIC
10 - 10:45AM
RUTH
Group Ex

SS CIRCUIT
11 - 11:45AM
RUTH
Group Ex

TRX
5 - 5:45PM
MIKE
Kickboxing

**PRE-TEEN
CIRCUIT**
5:15 - 5:45PM
ANGEL
Group Ex

KICKBOXING
6 - 6:45PM
KRISTIN/RACHEL
Kickboxing Room

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
6 - 6:45PM
AL
Cycling Room

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

TONING
7:00 - 7:45PM
AL
Group Ex

THURSDAY

CYCLING
6 - 6:45AM
KEN
Cycling Room

MAT PILATES
9 - 9:45AM
MEGAN
Group Ex

SS CIRCUIT
10 - 10:45AM
ANN
Group Ex

KIDS WILD CARD
5 - 5:45PM
ANGEL
Kickboxing

KICKBOXING
6 - 6:45PM
KRISTIN
Kickboxing

HIP HOP
7 - 7:45PM
KRISTIN
Group Ex

FRIDAY

TRX
9 - 9:45AM
MIKE
Kickboxing

SS CLASSIC
11 - 11:45AM
ANGEL
Group Ex

SATURDAY

TRX
9 - 9:45AM
MIKE
Kickboxing

TONING
9 - 9:45AM
AL
Group Ex

MAT PILATES
11 - 11:45AM
LISA
Group Ex

SUNDAY

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 12, 2022
update