

# RIVERFRONT YMCA GROUP EXERCISE SCHEDULE

# Winter I

January 2 - February 19



## MONDAY

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

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

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**BEGINNERS  
KETTLEBELL**  
5 - 5:45PM  
SARAH  
Kickboxing

**MEDICINE BALL**  
6 - 6:45PM  
SARAH  
Kickboxing

**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

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

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

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**TRX**  
5 - 5:45PM  
MEL  
Kickboxing

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

## WEDNESDAY

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

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

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

**CYCLING**  
6 - 6:45PM  
AL  
Cycling Room

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

**TONING**  
7 - 7:45PM  
BETH  
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

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**KICKBOXING**  
6 - 6:45PM  
KRISTIN  
Kickboxing

**HIP HOP**  
7 - 7:45PM  
KRISTIN  
Group Ex

## FRIDAY

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

**SS CLASSIC**  
11:30AM -  
12:15PM  
ANDY  
Group Ex

## SATURDAY

**TRX**  
9 - 9:45AM  
MEL  
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.

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January 19, 2023 update