

RIVERFRONT YMCA GROUP EXERCISE SCHEDULE

SPRING
April 1 - May 18, 2024



MONDAY

TONING
9:30 - 10:15AM
ASHLEY
CYCLING

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

TUESDAY

CYCLING
6 - 6:45AM
KEN
CYCLING

SS CLASSIC
10 - 10:45AM
RUTH
GROUP EX

SS CIRCUIT
11 - 11:45AM
RUTH
GROUP EX

KICKBOXING
6 - 6:45PM
BEATRIZ
KICKBOXING ROOM

WEDNESDAY

SS CLASSIC
10 - 10:45AM
RUTH
GROUP EX

SS YOGA
11 - 11:45AM
RUTH
GROUP EX

CYCLING
5 - 5:45PM
AL
CYCLING ROOM

MAT PILATES
6 - 6:45PM
LISA
GROUP EX

THURSDAY

CYCLING
6 - 6:45AM
KEN
CYCLING

SS CIRCUIT
10 - 10:45AM
ANN
GROUP EX

ZUMBA
6 - 6:45PM
DEIDRINELLE
GROUP EX

FRIDAY

BEATS (DRUM CLASS)
9:30 - 10:15AM
ASHLEY
GROUP EX

SS CLASSIC
11:30 - 12:15PM
ANDY
GROUP EX

TONING
6 - 6:45PM
MARISSA
GROUP EX

SATURDAY

TONING
9 - 9:45AM
AL
GROUP EX

TRX & KETTLEBELLS
11 - 11:45AM
MEL
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.