



# GROUP EXERCISE

## GROUP EXERCISE SCHEDULE THROUGH DECEMBER 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio Kickboxing 6-7:00am	Mat Pilates 6-6:45am	<b>Beginner Cycling*</b> 6-6:45am	Bootcamp 6-6:45am	<b>Beginner Cycling*</b> 7:30-8:15am	
	<b>Tabata en Español</b> 8:15-9:00am	Muscle Factory 6-7:00am	HIIT & Core en Español 8-9:00am	<b>Beginner Cardio Kickboxing*</b> 7-7:45am	Mat Pilates 8:30-9:15am	Spin & Shred 8-9:00am
	<b>Express Barre*</b> 8:30-9:00am	Express Cycling 7:30-8:00am	Barre 8:15-9:00am	HIIT & Core 9:15-10:15am	Boot Camp 9:15-10:15am	Express Cycling 9:15-9:45am
Guts & Glutes 9:15-9:45am	<b>Power Hour*</b> 9:15-10:15am	Incinerate 9:15-10:00am	<b>Muscle Factory*</b> 9:15-10:15am	<b>SilverSneakers EnerChi*</b> 9:30-10:15am	<b>SilverSneakers Stability*</b> 9:30-10:15am	<b>Step &amp; Tone*</b> 9:15-10:15am
Ripped 10-11:00am	<b>Zumba*</b> 10:30-11:30am	<b>Strength &amp; Flexibility*</b> 9:30-10:15am	<b>SilverSneakers BOOM Move*</b> 10:30-11:15am	XTREME Hip-Hop Step 10:30-11:15am	<b>Cardio Drumming*</b> 10:30-11:15am	<b>Family Zumba* (Studio 2A)</b> 10:30-11:15am
Barre 10:15-11:00am	<b>Chair Yoga*</b> 10:30-11:15am	<b>Cardio Drumming*</b> 10:30-11:15am	Zumba 10:30-11:30am	Rhythm Ride 10:30-11:15am	<b>Chair Yoga*</b> 10:30-11:15am	Barre 11-11:45am
<b>Silver Sneakers EnerChi*</b> 11:15am-12:00pm	<b>Senior Strength*</b> 11:30am-12:15pm	HIIT Cycling 10:30-11:30am	<b>SilverSneakers Classic*</b> 11:30am-12:30pm	<b>SilverSneakers Classic*</b> 10:30-11:30am		<b>Muscle Factory*</b> 11:30am-12:30pm
Endurance Ride 12-1:00pm	Express Cardio Drumming 12-12:30pm	<b>Beginner Step*</b> 11:45am-12:15pm	Express Cardio Drumming 5-5:30pm	<b>Zumba*</b> 11:30am-12:30pm	<b>Cardio Kickboxing*</b> 5-6:00pm	<b>Family Cardio Drumming* (Studio 2A)</b> 12:45-1:30pm
<b>Cardio Drumming*</b> 12:15-1:00pm	<b>Step &amp; Tone*</b> 5-6:00pm	Guts & Glutes 4:45-5:15pm	Power Yoga 5:15-6:15pm	Ripped 5-6:00pm	Vinyasa Yoga 6-6:45pm	<b>Beginner Yoga*</b> 1:30-2:15pm
Yoga 1:30-2:30pm	Barre 5:30-6:15pm	Jump & Pump 5:30-6:00pm	EMOM 5:45-6:15pm	Barre 5:30-6:15pm	Zumba 6:15-7:00pm	<b>Beginner Cardio Kickboxing*</b> 1:45-2:30pm
<b>Family Bootcamp* (Studio 2A)</b> 1:30-2:15pm	Zumba 6:15-7:15pm	Hip-Hop Cycling 5:30-6:15pm	Rhythm Ride 6:30-7:15pm	HIIT Step 6:15-7:00pm	XTREME Hip-Hop Step 7:15-8:00pm	
<b>Beginner Strength*</b> 2:30-3:15pm	<b>Beginner Cycling*</b> 6-6:45pm	<b>Muscle Factory*</b> 6:15-7:15pm	Zumba 6:30-7:30pm	<b>Restorative Yoga*</b> 7-7:45pm		
	<b>HIIT Strength Fusion*</b> 7:30-8:15pm	Vinyasa Yoga 6:15-7:00pm		Zumba 7:15-8:15pm		

Studio Key
2A=Group Exercise
2B=Cycling
2C=Mind & Body
Family Classes

\*Bolded classes are Beginner friendly.

Classes have limited capacity and must be reserved via the Crossroads app or online.

### HOW TO RESERVE CLASSES:

Reserve the group fitness class of your choice now directly through our online schedule or app. This will ensure you have a dedicated spot in our upcoming class offerings and also allow access to add yourself to a waitlist for a class or cancel your upcoming reservation.

### Reserve Your Spot

Step 1: View our schedule online at [crymca.org](http://crymca.org) or via the Crossroads YMCA mobile app

Step 2: Filter based on your preferences

Step 3: Select the desired class you are looking to reserve a spot in

Step 4: Select the icon or 'Book Class' link to reserve your spot