



# GROUP EXERCISE

## MORNING GROUP EXERCISE SCHEDULE THROUGH MAY 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio Kickboxing 6-6:45am	Mat Pilates 6-6:45am	Beginner Cycling* 6-6:45am	Bootcamp 6-6:45am	Beginner Cycling* 7:30-8:15am	
	Tabata 8:15-9:00am	Guts & Glutes 6:15-6:45am	Barre 8:15-9:00am	Beginner Cardio Kickboxing* 7-7:45am	Mat Pilates 8:30-9:15am	Spin & Shred 8-9:00am
Guts & Glutes 9:15-9:45am	Express Barre* 8:30-9:00am	MOSSA R30 7:30-8:00am	HIIT & Core 8-9:00am	Zumba 8-9:00am	Boot Camp 9:15-10:15am	Express Cycling 9:15-9:45am
MOSSA Group Power 10-11:00am	Power Hour* 9:15-10:15am	Express Barre 8:30-9:00am	MOSSA Group Power 9:15-10:15am	Mat Pilates 8:15-9:00am	SilverSneakers Stability* 9:30-10:15am	Step & Tone* 9:15-10:15am
Barre 10:15-11:00am	Energetic Vinyasa 9:15-10:15am	Incinerate 9:15-10:00am	Zumba 10:30-11:30am	HIIT + Core 9:15-10:15am	Cardio Drumming* 10:45-11:30am	Family Zumba* (Studio 2A) 10:30-11:15am
Silver Sneakers EnerChi* 11:15am-12:00pm	Zumba* 10:30-11:30am	SilverSneakers Classic 9:30-10:30am	SilverSneakers BOOM Move* 10:30-11:15am	SilverSneakers EnerChi 9:30-10:15am	Chair Yoga* 10:30-11:15am	Barre 11-11:45am
	Rhythm Ride 10:30-11:15am	Cardio Drumming 10:30-11:15am	SilverSneakers Classic* 11:30am-12:30pm	Incinerate 10:30-11:15am		MOSSA Group Power 11:30am-12:30pm
	SilverSneakers BOOM Muscle 10:30-11:15am	MOSSA Group Ride 10:30-11:30am		Rhythm Ride 10:30-11:15am		
	Chair Yoga* 11:30am-12:15pm	Hatha Yoga 10:45-11:30am		SilverSneakers Classic 10:30-11:30am		
		Yin Yoga 11:45am-12:45pm		XTREME Hip-Hop Step 11:30am-12:15pm		
		Beginner Step 11:45am-12:30pm				

**Studio Key**

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

\*Check out afternoon/evening schedule on the back side



# GROUP EXERCISE

## AFTERNOON/EVENING GROUP EXERCISE SCHEDULE THROUGH MAY 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MOSSA Group Ride 12-1:00pm	Express Cardio Drumming 12-12:30pm		Express Cardio Drumming 12-12:30pm			Family Cardio Drumming* (Studio 2A) 12:45-1:30pm
Cardio Drumming* 12:15-1:00pm	Step & Tone* 5-6:00pm	Guts & Glutes 4:45-5:15pm	Express Cardio Drumming 5-5:30pm	MOSSA Group Power 5-6:00pm	Cardio Kickboxing* 5-6:00pm	Beginner Yoga* 1-1:45pm
Yoga 1:30-2:30pm	Barre 5:30-6:15pm	Jump & Pump 5:30-6:00pm	Power Yoga 5:15-6:00pm	MOSSA Group Ride 5:30-6:30pm		MOSSA Group Fight 1:45-2:45pm
Family Bootcamp* (Studio 2A) 1:30-2:15pm	Beginner Cycling* 6-6:45pm	Hip-Hop Cycling 5:30-6:15pm	EMOM 5:45-6:15pm	Barre 5:30-6:15pm		
Beginner Strength* 2:30-3:15pm	Zumba 6:15-7:15pm	MOSSA Group Power* 6:15-7:15pm	Rhythm Ride 6:30-7:15pm	HIIT Step 6:15-7:00pm	Zumba 6:15-7:15pm	
	Gentle Yoga w/ Meditation* 6:45-7:30pm	Vinyasa Yoga 6:15-7:15pm	Zumba 6:30-7:30pm	Zumba 7:15-8:15pm	XTREME Hip-Hop Step 7:30-8:15pm	
	HIIT Strength Fusion* 7:30-8:15pm		Gentle Yoga w/ Meditation* 6:45-7:30pm	Restorative Yoga* 7-7:45pm		

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

\*Bolted 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