

**RIVER CROSSING YMCA | Doylestown**  
**Group Exercise Schedule**  
**May**

"We're here for you."

| DAYTIME CLASSES                                                                              |                                                                        |                                                                          |                                                                      |                                                                       |                                                                                                                                                                                                                |                                                                  |
|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| MONDAY                                                                                       | TUESDAY                                                                | WEDNESDAY                                                                | THURSDAY                                                             | FRIDAY                                                                | SATURDAY                                                                                                                                                                                                       | SUNDAY                                                           |
| <b>Spin</b><br>6:00-6:45 AM<br>Dan   Studio 4                                                | <b>Spivi Spin</b><br>5:30-6:15 AM<br>Bill   Studio 4                   | <b>Spin</b><br>5:30-6:15 AM<br>Bill   Studio 4                           | <b>Spin</b><br>6:00-6:45 AM<br>Kathy   Studio 4                      | <b>Express Spin</b><br>6:00-6:30 AM<br>Kathy/Bill   Studio 4          | <b>Express Spin</b><br>7:15-7:45 AM<br>Kathy   Studio 4                                                                                                                                                        | <b>BodyPump™</b><br>8:45-9:30 AM<br>Kristen   Studio 2           |
| <b>Gentle Aqua Aerobics</b><br>8:00-8:45 AM<br>Liz   WP                                      | <b>BodyPump™</b><br>7:00-7:45 AM<br>Megan   Studio 2                   | <b>Cardio Splash</b><br>8:00-8:45 AM<br>Holly   WP                       | <b>Aqua Tabata</b><br>6:00-7:00 AM<br>Michele   WP                   | <b>Yoga</b><br>6:00-7:00 AM<br>Laura   Studio 1                       | <b>Spin</b><br>8:00-8:45 AM<br>Kathy   Studio 4                                                                                                                                                                | <b>Slow Flow Yoga</b><br>9:00-10:00 AM<br>Cathy S.   Studio 1    |
| <b>Hatha Yoga</b><br>8:30-9:30 AM<br>Sandy   Studio 1                                        | <b>Aqua Yoga/Ai Chi</b><br>8:00-8:45 AM<br>Sandy   WP                  | <b>Pilates</b><br>8:00-8:45 AM<br>Amy   Studio 2                         | <b>BodyPump™</b><br>7:00-7:45 AM<br>Megan   Studio 2                 | <b>Aqua Zumba</b><br>8:00-8:45 AM<br>Gina   WP                        | <b>Pure Strength</b><br>8:30-9:15 AM<br>Michele   Studio 2                                                                                                                                                     | <b>Spin</b><br>9:30-10:15 AM<br>Robin   Studio 4                 |
| <b>Pilates</b><br>9:00-9:45 AM<br>Tara   Studio 3                                            | <b>Total Body Conditioning</b><br>8:00-8:45 AM<br>Candi   Studio 2     | <b>Hatha Yoga</b><br>8:30-9:30 AM<br>Sandy   Studio 1                    | <b>Aqua Yoga/Ai Chi</b><br>8:00-8:45 AM<br>Sandy   WP                | <b>BodyPump™</b><br>8:30-9:15 AM<br>Kristen   Studio 2                | <b>Hatha Yoga</b><br>8:15-9:15 AM<br>Sandy   Studio 1                                                                                                                                                          | <b>BodyCombat™</b><br>9:45-10:30 AM<br>Nicole   Studio 2         |
| <b>Aquacise</b><br>9:00-9:45 AM<br>Maryann   LP                                              | <b>Gentle Yoga</b><br>9:00-9:45 AM<br>Yuki   Studio 1                  | <b>Aqua Tabata</b><br>9:00-9:45 AM<br>Holly   LP                         | <b>Aqua Dance</b><br>9:00-9:45 AM<br>Maria   LP                      | <b>Hatha Yoga</b><br>8:30-9:30 AM<br>Sandy   Studio 1                 | <b>BodyCombat™</b><br>9:30-10:15 AM<br>Gina/Aryana Studio 3                                                                                                                                                    | <b>Les Mills CORE™</b><br>10:45-11:15 AM<br>Nicole S.   Studio 2 |
| <b>Interval Inferno</b><br>9:30-10:15 AM<br>Nicole   Studio 2                                | <b>Aqua Interval</b><br>9:00-9:45 AM<br>Maryann   LP                   | <b>Glute Camp Express</b><br>9:30-10:00 AM<br>Jen   Studio 2             | <b>Gentle Yoga</b><br>9:00-9:45 AM<br>Yuki   Studio 1                | <b>HIIT Revolution</b><br>9:30-10:15 AM<br>Carrene   Studio 2         | <b>Pilates</b><br>9:30-10:15 AM<br>Vonna   Studio 2                                                                                                                                                            | <b>Zumba®</b><br>11:30-12:15 PM<br>Elena/Lilit   Studio 2        |
| <b>Aqua Aerobics</b><br>10:00-11:00 AM<br>Maryann   LP                                       | <b>BodyPump™</b><br>9:15-10:00 AM<br>Carrene   Studio 2                | <b>BodyCombat™</b><br>9:30-10:15 AM<br>Aryana   Studio 3                 | <b>BodyPump™</b><br>9:15-10:00 AM<br>Dana   Studio 2                 | <b>Express Spin</b><br>10:15-10:45 AM<br>Megan   Studio 4             | <b>Zumba®</b><br>10:30-11:15 AM<br>Lilit/Elena   Studio 2                                                                                                                                                      |                                                                  |
| <b>Zumba Gold®</b><br>10:15-11:00 AM<br>Denise   Studio 3                                    | <b>Aqua Deep Cardio</b><br>10:00-10:45 AM<br>Maryann   LP              | <b>Zumba®</b><br>10:15-11:00 AM<br>Gina   Studio 2                       | <b>Vinyasa Yoga</b><br>10:00-11:00 AM<br>Yuki   Studio 1             | <b>Pilates</b><br>10:30-11:15 AM<br>Sue   Studio 1                    |                                                                                                                                                                                                                |                                                                  |
| <b>BodyPump™</b><br>10:30-11:15 AM<br>Kristen L   Studio 2                                   | <b>Vinyasa Yoga</b><br>10:00-11:00 AM<br>Yuki   Studio 1               | <b>Spin</b><br>10:15-11:00 AM<br>Sue   Studio 4                          | <b>Pure Strength Express</b><br>10:15-10:45 AM<br>Kristen   Studio 2 | <b>Zumba Gold®</b><br>10:30-11:15 AM<br>Denise   Studio 2             |                                                                                                                                                                                                                |                                                                  |
| <b>SilverSneakers® Classic</b><br>11:30-12:15 PM<br>Jo-Ann   Studio 2                        | <b>HIIT Revolution Express</b><br>10:15-10:45 AM<br>Carrene   Studio 2 | <b>Les Mills CORE™</b><br>10:30-11:00 AM<br>Dana   Studio 3              | <b>Express Spin</b><br>12:00-12:30 PM<br>Justine   Studio 4          | <b>SilverSneakers® Classic</b><br>11:30-12:15 PM<br>Jo-Ann   Studio 2 |                                                                                                                                                                                                                |                                                                  |
| <b>Aqua Tone &amp; Stretch</b><br>11:15-12:15 PM<br>Maryann   WP                             | <b>Zumba Gold®</b><br>11:15-12:00 PM<br>Denise   Studio 2              | <b>Aqua Arthritis</b><br>11:00-12:00 PM<br>Jill   WP<br>(new start time) | <b>Stretch &amp; Balance</b><br>12:15-1:00 PM<br>Amy   Studio 2      | <b>SilverSneakers® Classic</b><br>12:30-1:15 PM<br>Jo-Ann   Studio 2  |                                                                                                                                                                                                                |                                                                  |
| <b>SilverSneakers® Classic</b><br>12:30-1:15 PM<br>Jo-Ann   Studio 2                         | <b>Stretch &amp; Balance</b><br>12:15-1:00 PM<br>Saralyn   Studio 2    | <b>Gentle Yoga</b><br>11:30-12:30 PM<br>Saralyn   Studio 1               |                                                                      |                                                                       |                                                                                                                                                                                                                |                                                                  |
| <b>Express Spivi Spin</b><br>12:00-12:30 PM<br>Jen   Studio 4<br>(Heart Rate Training Class) |                                                                        | <b>SilverSneakers® Classic</b><br>11:30-12:15 PM<br>Jo-Ann   Studio 2    |                                                                      |                                                                       | <b>Doylestown Group Exercise Schedule</b><br><br>Group exercise classes are included in your membership.<br><br>Registration required for Aquatic Group Exercise classes through MindBody as space is limited. |                                                                  |
|                                                                                              |                                                                        | <b>SilverSneakers® Classic</b><br>12:30-1:15 PM<br>Jo-Ann   Studio 2     |                                                                      |                                                                       |                                                                                                                                                                                                                |                                                                  |
| Cardio/Endurance                                                                             | Strength/Bodywork                                                      | Dance                                                                    | Mind/Body                                                            | Aquatics                                                              | Senior/Adapted                                                                                                                                                                                                 | Virtual                                                          |

**RIVER CROSSING YMCA | Doylestown**  
**Group Exercise Schedule**  
**May**

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| EVENING CLASSES                                                         |                                                                                    |                                                                    |                                                         |                                                       |                                                                                                                                                                                                                                       |         |
|-------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| MONDAY                                                                  | TUESDAY                                                                            | WEDNESDAY                                                          | THURSDAY                                                | FRIDAY                                                | SATURDAY                                                                                                                                                                                                                              | SUNDAY  |
| <b>Pilates</b><br>5:00-5:45 PM<br>Vonna   Studio 2                      | <b>Pop Pilates</b><br>5:30-6:15 PM<br>Gina   Studio 2                              | <b>BodyPump™</b><br>5:00-5:45 PM<br>Laurie   Studio 2              | <b>Hatha Yoga</b><br>5:30-6:30 PM<br>Sandy   Studio 1   | <b>Zumba Step®</b><br>5:30-6:15 PM<br>Gina   Studio 2 | <u><b>Doylestown Stay &amp; Play Hours:</b></u><br><br><b>Monday - Thursday 8:30AM-1:00PM</b><br><b>Monday - Thursday 4:00-8:00 PM</b><br><b>Friday 8:30AM-1:00PM</b><br><b>Saturday 8:30AM-1:00PM</b><br><b>Sunday 9:30AM-1:00PM</b> |         |
| <b>Zumba®</b><br>6:00-6:45 PM<br>Gina   Studio 2                        | <b>Spin</b><br>6:00-6:45 PM<br>Dan   Studio 4 ( <b>Heart Rate Training Class</b> ) | <b>Total Body Conditioning</b><br>6:00-6:45 PM<br>Candi   Studio 3 | <b>Spin</b><br>6:00-6:45 PM<br>Kathy   Studio 4         |                                                       |                                                                                                                                                                                                                                       |         |
| <b>Kettlebell Flex &amp; Flow</b><br>6:00-6:45 PM<br>Chrissy   Studio 3 | <b>Express Zumba Step®</b><br>6:30-7:00 PM<br>Gina   Studio 2                      | <b>Zumba®</b><br>6:00-6:45 PM<br>Elena   Studio 2                  | <b>BodyCombat™</b><br>6:15-7:00 PM<br>Aryana   Studio 3 |                                                       | <u><b>Metro Esports Gaming Lounge Hours:</b></u><br><br><b>Monday - Friday 2:30PM-9:00PM</b><br><b>Saturday &amp; Sunday 2:00-6:00PM</b>                                                                                              |         |
| <b>Vinyasa Yoga</b><br>7:00-8:00PM<br>Maggie   Studio 1                 | <b>Interval Inferno</b><br>6:30-7:15 PM<br>Chrissy   Studio 3                      | <b>Pop Pilates</b><br>7:00-7:45 PM<br>Elena   Studio 3             | <b>Zumba®</b><br>7:15-8:00 PM<br>Caitlin   Studio 2     |                                                       |                                                                                                                                                                                                                                       |         |
|                                                                         | <b>Zumba®</b><br>7:15-8:00 PM<br>Amber   Studio 2                                  | <b>Vinyasa Yoga</b><br>7:00-8:00 PM<br>Eric   Studio 2             |                                                         |                                                       |                                                                                                                                                                                                                                       |         |
| Cardio/Endurance                                                        | Strength/Bodywork                                                                  | Dance                                                              | Mind/Body                                               | Aquatics                                              | Senior/Adapted                                                                                                                                                                                                                        | Virtual |

Please check [ymcarivercrossing.org](http://ymcarivercrossing.org) for updates and visit us on the Y Wellness 24/7 virtual platform  
for our live Virtual Group Exercise classes and hundreds of on-demand video content!



Updated 4/24/25