

River Crossing YMCA | Lehigh Valley Region | Group Exercise Schedule | June

EVENING CLASSES						
	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Deep Water 4:45-5:15 PM Shelly Pool Slate Belt	Cycle 5:30-6:15 PM Tara Cycle Studio Easton	Aqua Fitness 4:45-5:30 PM Shelly Pool Slate Belt	Meditation in Movement 4:15-5:00 PM Spirit Studio Slate Belt			
Zumba@ 5:15-6:15 PM Justine Studio Slate Belt	Total Body 6:00-7:00 PM Maria Studio Easton	Strength Training 5:15-6:00 PM Morgan Studio Slate Belt	Zumba 5:00-5:45 PM Justine Studio Nazareth			
Cycle & Sculpt 5:30-6:15 PM Tara Cycle Studio Easton	Cycle 6:00-6:45 PM Jennifer Studio Suburban North	Cycle & Sculpt 5:30-6:15 PM Tara Cycle Studio Easton	Zumba 5:30-6:15 PM Cynthia Studio Slate Belt			
Aqua Fitness 5:30-6:15 PM Shelly Pool Slate Belt	Pump It 6:00-6:45 PM Terri Studio Nazareth	Indoor Cycling 6:00-6:45 PM Mike/Rose/Sarah Studio Nazareth	Barre Fusion 5:45-6:30 PM Stacey Ct. #1 Bethlehem			
Barre Fusion 5:45-6:30 PM Stacey Ct. #1 Bethlehem	HIIT 6:00-6:45 PM Maggie Studio Slate Belt	Zumba 6:00-7:00 PM Nataliya Ct. #1 Bethlehem	Indoor Cycling 6:00-6:45 PM Maria Cycle Studio Easton			
SHINE DANCE FITNESS 6:00-6:45 PM Deb Studio 1 Suburban North	Aqua Blast 6:15-7:00 PM Irene Pool Bethlehem	Zumba@ 6:15-7:00 PM Mel Studio Easton	Cycle 6:00-6:45 PM Jennifer Studio Suburban North			
Zumba@ 6:15-7:00 PM Mel Studio Easton		Cycle & Core 6:15-7:00 PM Kate R Studio Slate Belt	Total Strength 6:00-6:45 PM Sarah Studio Nazareth			
Indoor Cycling 6:30-7:15 PM Mike/Haley Studio Nazareth		Yoga 7:00-8:00 PM Katie Studio Nazareth	Aqua Blast 6:15- 7:00 PM Irene Pool Bethlehem			
				<p style="text-align: center;">Group Exercise Schedule</p> <p style="text-align: center;">Group exercise classes are included in your membership. Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is limited.</p>		
Easton/Phillipsburg Branch Stay & Play Hours: Monday-Friday 8:45AM-11:AM Monday-Thursday 5:00PM-7:30PM Saturday 8:30AM-12:30PM		Nazareth Stay & Play Hours: Monday-Friday 8:30AM-11:30AM Monday-Thursday 5:00-7:30PM Saturday 8:30AM-12:30PM		Slate Belt Stay & Play Hours: Monday-Friday 8:00AM-11:00AM Monday-Thursday 5:00-7:30PM Saturday 8:30AM-12:30PM		
	For the most current class information please visit Schedules or scan the QR Code.			Visit us on Y Wellnes 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!		
Updated 5/27/25						