River Crossing YM Group Exercise So June					
			DAYTIME CLASSES		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT

DAYTIME CLASSES							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Cycle 8:30-9:15 AM Kelly C/Mike Studio	Strength & Balance 7:30 -8:15 AM Tanya Studio	Silver Sneakers Classic 7:30 -8:15 AM Jennifer Studio	Silver Sneakers Classic 7:30 -8:15 AM Jennifer Studio	Silver Sneakers Classic 7:30 -8:15 AM Jennifer Studio	Muscle Max 8:00-9:00 AM Kelly K Studio	Cycle 9:15-10:00 AM Ferri/Sarah Studio	
Barre Fusion 9:30-10:15 AM Lindsay Studio (new class format)	HIIT 8:30-9:30 AM Kelly K Studio	Muscle Max 8:30-9:15 AM Kelly C Studio	Total Body 8:30-9:15 AM Hayley Studio	Cycle & Sculpt 8:30-9:30 AM Rose Studio	CIRCL Mobility™ 9:15-10:00 AM Mel Studio		
	Aqua Tone & Stretch 9:00- 10:00 AM Lili Pool		Aqua Tone & Stretch 9:00-10:00 AM Lili Pool				
	Silver Splash 10:15-11:15 AM Lili Pool		Seated Strength & Balance 10:00-10:45 AM Mel Studio				
			Silver Splash 10:15-11:15 AM Lili Pool				
EVENING CLASSES							

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 6:30-7:15 PM Mike/Hayley Studio	Pump It 6:00-6:45 PM Terri Studio	Cycle 6:00-6:45 PM Mike/Rose/Sarah Studio	Zumba 5:00-5:45 PM Justine Studio			
		Yoga 7:00-8:00 PM Katie Studio	Total Strength 6:00-6:45 PM Sarah Studio		Group exercise clarship.	cise Schedule asses are included red for aqua group
					exercise classes only by visiting the Welco	through Mindbody or me Center as space is ited.

Nazareth Stay & Play Hours:

"We're here for you."

Monday-Friday 8:30AM-11:30AM Monday-Thursday 5:00-7:30PM Saturday 8:30AM-12:30PM

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
	9 9 00	For the most current class information please visit <u>Schedules</u> or scan the QR Code.		y 0	Visit us on <u>Y Wellness</u> . 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!	Updated 5/27/25