

RIVER CROSSING YMCA | Doylestown
Group Exercise Schedule
July

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 6:00-6:45 AM Dan Studio 4	Spivi Spin 5:30-6:15 AM Bill Studio 4	Spin 5:30-6:15 AM Bill Studio 4	Spin 6:00-6:45 AM Kathy Studio 4	Express Spin 6:00-6:30 AM Kathy/Bill Studio 4	Express Spin 7:15-7:45 AM Kathy Studio 4	BodyPump™ 8:45-9:30 AM Kristen Studio 2
Gentle Aqua Aerobics 8:00-8:45 AM Liz WP	BodyPump™ 7:00-7:45 AM Megan Studio 2	Cardio Splash 8:00-8:45 AM Holly WP	Aqua Tabata 6:00-7:45 AM Michele WP	Yoga 6:00-7:00 AM Laura Studio 1	Spin 8:00-9:15 AM Kathy Studio 4	Slow Flow Yoga 9:45-10:00 AM Cathy S. Studio 1
Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Aqua Yoga/Ai Chi 8:00-8:45 AM Sandy WP	Pilates 8:00-8:45 AM Amy Studio 2	BodyPump™ 7:00-7:45 AM Megan Studio 2	Aqua Zumba 8:00-8:45 AM Gina WP	Pure Strength 8:30-9:15 AM Michele Studio 2	Spin 9:30-10:15 AM Robin Studio 4
Pilates 9:00-9:45 AM Tara Studio 3	Total Body Conditioning 8:00-8:45 AM Candi Studio 2	Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Aqua Yoga/Ai Chi 8:00-8:45 AM Sandy WP	BodyPump™ 8:30-9:15 AM Kristen Studio 2	Hatha Yoga 8:15-9:15 AM Sandy Studio 1	BodyCombat™ 9:45-10:30 AM Nicole Studio 2
Aquacise 9:00-9:45 AM Maryann LP	Gentle Yoga 9:00-9:45 AM Instructor Rotation Studio 1	Aqua Tabata 9:00-9:45 AM Holly LP	Aqua Dance 9:00-9:45 AM Maria LP	Hatha Yoga 8:30-9:30 AM Sandy Studio 1	BodyCombat™ 9:30-10:15 AM Aryana Studio 3	Les Mills CORE™ 10:45-11:15 AM Nicole S. Studio 2
Interval Inferno 9:30-10:15 AM Nicole Studio 2	Aqua Interval 9:00-9:45 AM Maryann LP	Glute Camp Express 9:30-10:00 AM Vonna Studio 2	Gentle Yoga 9:00-9:45 AM Instructor Rotation Studio 1	HIIT Revolution 9:30-10:15 AM Chrissy/Carrene Studio 2	Pilates 9:30-10:15 AM Vonna Studio 2	Zumba® 11:30-12:15 PM Elena/Lilit Studio 2
Aqua Aerobics 10:00-11:00 AM Maryann LP	Pure Strength 9:15-10:00 AM Vonna Studio 2 (7/1, 7/8 & 7/15) BodyPump™ 9:15-10:00 AM Carrene Studio 2 (7/22 & 7/29)	BodyCombat™ 9:30-10:15 AM Aryana Studio 3	BodyPump™ 9:15-10:00 AM Dana Studio 2	Express Spin 10:15-10:45 AM Megan Studio 4	Zumba® 10:30-11:15 AM Lilit/Elena Studio 2	
Zumba Gold® 10:15-11:00 AM Denise Studio 3	Aqua Deep Cardio 10:00-10:45 AM Maryann LP	Zumba® 10:15-11:00 AM Gina Studio 2	Vinyasa Yoga 10:00-11:00 AM Instructor Rotation Studio 1	Pilates 10:30-11:15 AM Sue Studio 1		
BodyPump™ 10:30-11:15 AM Kristen L Studio 2	Vinyasa Yoga 10:00-11:00 AM Instructor Rotation Studio 1	Spin 10:15-11:00 AM Sue Studio 4	Pure Strength Express 10:15-10:45 AM Kristen Studio 2	Zumba Gold® 10:30-11:15 AM Denise Studio 2		
SilverSneakers® Classic 11:30-12:15 PM Jo-Ann Studio 2	HIIT Revolution Express 10:15-10:45 AM Vonna Studio 2 (7/1, 7/8 & 7/15 only)	Les Mills CORE™ 10:30-11:00 AM Dana Studio 3	LIIT 11:15-12:00 PM Holly Studio 2	Aqua Arthritis 11:30-12:30 PM Jill WP		
Aqua Tone & Stretch 11:30-12:30 PM Maryann WP (new start time)	Low Impact Movement & Strength Express 11:00-11:30 AM Amy Studio 2	Aqua Arthritis 11:30-12:30 PM Jill WP	Express Spin 12:00-12:30 PM Justine Studio 4	SilverSneakers® Classic 11:30-12:15 PM Jo-Ann Studio 2		
SilverSneakers® Classic 12:30-1:15 PM Jo-Ann Studio 2	Stretch & Balance 12:15-1:00 PM Saralyn Studio 2	Gentle Yoga 11:30-12:30 PM Saralyn Studio 1	Stretch & Balance 12:15-1:00 PM Amy Studio 2	SilverSneakers® Classic 12:30-1:15 PM Jo-Ann Studio 2		
Express Spivi Spin 12:00-12:30 PM Vonna Studio 4 (Heart Rate Training Class)		SilverSneakers® Classic 11:30-12:15 PM Jo-Ann Studio 2			Doylestown Group Exercise Schedule Group exercise classes are included in your membership. Registration required for Aquatic Group Exercise classes through MindBody as space is limited.	
		SilverSneakers® Classic 12:30-1:15 PM Jo-Ann Studio 2				
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

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

Please check 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 6/25/25