



River Crossing YMCA | Easton/Phillipsburg Group Exercise Schedule July

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga 1 8:00 -8:45 AM Cheryl Studio	Cycle 7:00-7:45AM Maria Cycle Studio	Yoga 1 8:00 -8:45 AM Cheryl Studio	R.I.P.P.E.D 9:00-10:00AM Larissa Studio	Yoga 1 8:00 -8:45 AM Cheryl Studio	Morning Mix 8:00-8:45 AM Lenore Studio	Zumba® 10:00-10:45AM Mel Studio
Cycle 9:00-10:00 AM Maria Cycle Studio	R.I.P.P.E.D 9:00-10:00AM Larissa Studio	Total Body 9:00-10:00 AM Maria Studio	Cycle 10:00-11:00AM Bill Cycle Studio	Kickboxing 9:00-9:45AM Jessica Studio	Cycle 9:00-10:00 AM Maria Cycle Studio	Pure Strength 11:00AM-12:00PM Matthew Studio
Pure Strength 9:00-10:00 AM Larissa Studio	Cycle 10:00-11:00AM Bill Cycle Studio	Aqua Fit 9:00-9:45AM Peggy Pool	Yoga Fusion 10:15-11:00 AM Jessica Studio	Power Hour 10:00-11:00AM Matthew Studio	Latin Heat 9:00-9:45AM Samantha Studio	
Aqua Fit 9:00-9:45AM Peggy Pool	Zumba Gold® 10:15-11:00AM Mel Studio	Aqua Toning 10:00-10:45AM Peggy Pool	Silver Sneakers Yoga 11:15-12:00PM Cheryl Studio	Aqua Fit 9:00-9:45AM Peggy Pool	Aqua Fit 9:00-10:00AM Deirdre Pool	
Aqua Toning 10:00 - 10:45AM Peggy Pool	Silver Sneakers Yoga 11:15-12:00PM Cheryl Studio	Core & Strength 10:15-10:45AM Maria Studio		Aqua Toning 10:00-10:45AM Peggy Pool	Yoga 10:00-11:15AM Jane Studio	
Core & Strength 10:15-10:45AM Maria Studio	Intermediate Tai Chi 12:15-1:00PM Kathy Studio	Silver Sneakers Boom Move & Muscle 12:00-1:00PM Kathy Studio		Beginner Tai Chi 11:15AM-12:00PM Kathy Studio		
Silver Sneakers Boom Move & Muscle 12:00-1:00PM Kathy Studio		Range Of Motion & Balance 1:15-2:00PM Kathy Studio				
Range Of Motion & Balance 1:15-2:00PM Kathy Studio						

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle & Sculpt 5:30-6:15 PM Tara Cycle Studio	Cycle 5:30-6:15 PM Tara Cycle Studio	Cycle & Sculpt 5:30-6:15 PM Tara Cycle Studio	Cycle 6:00-6:45 PM Maria Cycle Studio		<u>Group Exercise Schedule</u> Group exercise classes are included in your hip. Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is limited.	
Zumba® 6:15-7:00PM Mel Studio	Total Body 6:00- 7:00PM Maria Studio	Zumba® 6:15-7:00PM Mel Studio				

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted
	 <p>For the most current class information please visit Schedules or scan the QR Code.</p>			 <p>Visit us on Y Wellbeing 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!</p>	
Updated 6/25/25					

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