

RIVER CROSSING YMCA | Fairless Hills
Group Exercise Schedule
July

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 6:00-6:45 AM Susan Studio 3	Spin 6:00-6:45 AM Roe Studio 3	Aqua Deep Water 8:00-8:45 AM Audrey Pool	Spin 6:00-6:45 AM Roe Studio 3	Total Body Conditioning 6:00-6:45 AM Roe Studio 1	Aqua Zumba 8:00-8:45 AM Betsy Pool	Yoga 8:00-9:00 AM Lindsay Studio 1
Aqua Deep Water 8:00-8:45 AM Audrey Pool	Aqua Aerobics 8:00-8:45 AM Carl Pool	Aqua Aerobics 9:00-8:45 AM Audrey Pool	Aqua Aerobics 8:00-8:45 AM Carl Pool	Aqua Deep Water 8:00-8:45 AM Sharon Pool	Spivi Spin 8:15-9:00 AM Lisa R Studio 3 (Heart Rate Training Class)	Express Spin 8:15-8:45 AM Brooke Studio 3
Pure Strength 8:15-9:00 AM Glady Studio 1	Low Impact Aerobics 8:15-9:00 AM Roe Studio 1	Pure Strength 8:00-8:45 AM Domenica Studio 1	Aqua Interval 9:00-9:45 AM Carl Pool	Bootcamp 8:15-9:00 AM Glady Gym (room location change starting 7/11)	Yoga 9:15-10:00 AM Vicki Studio 2	Zumba® 9:30-10:15 AM Johana Studio 1
SilverSneakers® Circuit 9:00-9:45 AM Roe Falls Township Senior Center	Aqua Interval 9:00-9:45 AM Carl Pool	Silver Sneakers Yoga 9:00-9:45 AM Betsy Studio 1	HIIT Revolution 9:30-10:15 AM Kristin Studio 1	Aqua Aerobics 9:00-9:45 AM Sharon Pool	Circuit 9:15-10:00 AM Betsy Studio 1	Adapted Fitness 11:00-11:45 AM Y Staff Studio 1
Aqua Aerobics 9:00-9:45 AM Audrey Pool	Interval Inferno 9:30-10:15 AM Lisa Studio 1	Spivi Spin 9:15-10:00 AM Domenica Studio 3	Yoga 9:30-10:30 AM Elda Studio 2	Spivi Spin 9:15-10:00 AM Kristin Studio 3	Zumba® 10:15-11:00 AM Instructor Rotation Studio 1	
Total Body Conditioning 9:15-10:00 AM Lisa Studio 1	Zumba® 9:30-10:15 AM Lauren Studio 2	Zumba Gold® 10:00-10:45 AM Betsy Studio 1	Tai Chi/Qigong 10:30-11:30 AM Arlette Studio 1	Total Body Conditioning 9:15-10:00 AM Lisa Studio 1		
Spivi Spin 9:15-10:00 AM Glady Studio 3	Glute Camp 10:30-11:15 AM Kristin Studio 1	Stronger Leaner Longer 10:15-11:00 AM Domenica Studio 2		Stronger Leaner Longer 10:15-11:00 AM Domenica Studio 2		
Yoga 9:15-10:00 AM Lindsay Studio 2	SilverSneakers® Splash 11:30-12:15 PM Sharon Pool	Silver Sneakers Yoga 11:00-11:45 AM Betsy Studio 1		SilverSneakers® Circuit 10:30-11:15 AM Sharon Falls Township Senior Center (new start time)		
SilverSneakers® Classic 10:00-10:45 AM Roe Falls Township Senior Center	Tai Chi/Qigong 12:00-1:00 PM Arlette Studio 1			SilverSneakers® Classic 11:00-11:45 AM Glady Studio 1		
Pilates 10:15-11:00 AM Robin Studio 2						
SilverSneakers® Classic 11:00-11:45 AM Glady Studio 1					Fairless Hills Group Exercise Schedule Group exercise classes are included in your membership.	
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spartan Training 6:00-6:45 PM Jamie Studio 1	Yoga 5:30-6:30 PM Jeanine Studio 2	Zumba® 5:30-6:15 PM Leanne Studio 1	Spartan Training 6:00-6:45 PM Jamie Studio 1	Zumba® 6:00-6:45 PM Bridget Studio 1	Fairless Hills Stay & Play Hours:	
Zumba® 6:00-6:45 PM Leanne Studio 2	Zumba® 6:30-7:15 PM Bridget Studio 1	Pure Strength 6:30-7:15 PM Kymberlee Studio 1 (Heart Rate Training Class)	Kickboxing 7:00-7:45 PM Jamie Studio 1		Monday - Saturday 8:30AM-12:30PM Monday - Thursday 4:00PM-7:30PM	
Kickboxing 7:00-7:45 PM Jamie Studio 1	Spivi Spin 6:30-7:15 PM Lisa Studio 3	Yoga 7:30-8:15 PM Lindsay Studio 1	Yoga 7:15-8:00 PM Vicki Studio 2		Mero Esports Gaming Lounge Hours:	
	Stronger Leaner Longer 7:00-7:45 PM Kymberlee Studio 2 (7/8, 7/15 & 7/22 only)				Monday - Thursday 3:00PM-7:00PM Friday 3:00PM-8:00PM Saturday & Sunday 2:00PM-5:00PM	
	Aqua Zumba 7:00-7:45 PM Jeanine Pool					
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