

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

DAYTIME CLASSES

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga 8:00-8:45 AM Cheryl Studio Easton	Cycle 7:00-7:45 AM Maria Cycle Studio Easton	Silver Sneakers Boom Move & Muscle 7:30-8:15 AM Cindy Studio Nazareth	Cycle 6:15-7:00 AM Tanya Ct. #4 Bethlehem	Strength & Balance 7:30-8:15 AM Tanya Studio Nazareth	Muscle Max 8:30-9:30 AM Kelly K Studio Nazareth	Cycle 9:15-10:00 AM Terri /Sarah Studio Nazareth
Aquacise 8:15-9:00 AM Lois Pool Slate Belt	Strength & Balance 7:30-8:15 AM Tanya Studio Nazareth	Yoga 8:00-8:45 AM Cheryl Studio Easton	Silver Sneakers Classic 7:30-8:15 AM Cindy Studio Nazareth	Yoga 8:00-8:45 AM Cheryl Studio Easton	Morning Mix 8:00-8:45 AM Lenore Studio Easton	Zumba® 10:00-10:45 AM Cynthia Studio Slate Belt
Total Body Strength 8:30-9:15 AM Deb Studio B Allentown	Total Body Strength 8:00-8:45 AM Colleen Aux Gym Bethlehem	Soul Fusion 8:15-9:00 AM Lindsay Studio Slate Belt	Total Body Strength 8:00-8:45 AM Colleen Aux Gym Bethlehem	Total Body 8:15-9:00 AM Vanessa Studio Slate Belt	HITT 8:30-9:15 AM Tanya Aux Gym Bethlehem	Yoga 10:15-11:00 AM Maria Studio Nazareth
Cycle 8:30-9:15 AM Kelly C /Mike Studio Nazareth	HIIT Revolution 8:15-9:00 AM Taylor Studio Slate Belt	Aquacise 8:15-9:00 AM Lois Pool Slate Belt	Total Body 8:30-9:15 AM Mike Studio Nazareth	Aqua Deep 8:30-9:15 AM Irene Pool Bethlehem	Cycle 9:00-10:00 AM Maria Cycle Studio Easton	Pure Strength 11:00 AM-12:00 PM Matthew Studio Easton
Cycle 9:00-10:00 AM Maria Cycle Studio Easton	HIIT 8:30-9:30 AM Kelly K Studio Nazareth	Total Body Strength 8:30-9:15 AM Deb Studio B Allentown	R.I.P.P.E.D 9:00-10:00AM Larissa Studio Easton	Cycle & Sculpt 8:30-9:30 AM Rose Studio Nazareth	Muscle Max 9:00-9:45 AM Jo-Elle Studio Slate Belt	
Pure Strength 9:00-10:00 AM Larissa Studio Easton	Aqua Fit 9:00-9:45 AM Gill Pool Easton	Muscle Max 8:30-9:15 AM Kelly C Studio Nazareth	Circuit Train 9:00-9:45 AM Rochelle Studio Slate Belt	Kickboxing 9:00-9:45 AM Jessica Studio Easton	Total Body Strength 9:00-9:45 AM Deb Studio E Allentown	
Aquacise 9:15-10:00 AM Lois Pool Slate Belt	R.I.P.P.E.D 9:00-10:00 AM Larissa Studio Easton	Aqua Deep 8:30-9:15 AM Irene Pool Bethlehem	Aqua Fit 9:00-9:45 AM Gill Pool Easton	Aqua Tabata 9:00-9:45 AM Adrienne Pool Easton	Latin Heat 9:00-9:45 AM Samantha Studio Easton	
Low Impact Movement & Strength 9:30-10:15 AM Tanya Aux Gym Bethlehem	Individual Water Walking / Aqua Workout 9:00-10:00 AM Pool Nazareth	Total Body 9:00-10:00 AM Maria Studio Easton	Individual Water Walking / Aqua Workout 9:00-10:00 AM Pool Nazareth	Cardio Dance 9:15-10:00 AM Lois Studio Slate Belt	Yoga 10:00-11:15 AM Jane Studio Easton	
Barre Fusion 9:30-10:30 AM Lindsay Studio Nazareth	Stretch & Balance 9:00-9:45 AM Colleen Aux Gym Bethlehem	Aqua Tabata 9:00-9:45 AM Adrienne Studio Easton	Stretch & Balance 9:00-9:45 AM Colleen Aux Gym Bethlehem	Total Body Strength 9:30-10:15 AM Tanya Aux Gym Bethlehem	Yoga 10:00-10:45 AM Jessica Studio Slate Belt	
Country Line Dance 9:00-9:45 AM Carmella Studio Slate Belt	Low Impact Movement & Strength Express 9:15-9:45 AM Taylor Studio Slate Belt	Aquacise 9:15-10:00 AM Lois Pool Slate Belt	SHINE DANCE FITNESS 10:00-10:45 AM Deb Studio B Allentown	Aqua Fitness 9:30-10:15 AM Gill Pool Bethlehem	Cycle 11:00-11:45 AM Jerry Ct. #4 Bethlehem	
Range of Motion & Strength 10:00-10:30 AM Carmella Studio Slate Belt	Low Impact Movement & Strength 10:00-10:45 AM Deb Studio B Allentown	Low Impact Total Body 9:30-10:15 AM Tanya/Colleen Aux Gym Bethlehem	Aqua Toning 10AM-10:45 AM Gill Pool Easton	Aqua Toning 10:00-10:45 AM Adrienne Studio Easton		
Low Impact Movement & Strength 10:00-10:45 AM Jen Studio B Allentown	Cardio Drumming 10:00-10:45 AM Rochelle Studio Slate Belt	Aqua Fitness 9:30-10:15 AM Gill Pool Bethlehem	Silver Sneakers Circuit 10:00-10:45 AM Cindy Studio Nazareth	Range of Motion & Strength 10:15-11:00 AM Lois Studio Slate Belt		
Aqua Strength 10:30-11:15 AM Fred Pool Bethlehem	Cycle 10:00-11:00AM Bill Studio Easton	Stretch & Core 9:15-10:00 AM Rochelle Pool Slate Belt	Low Impact Aerobics 10:00-10:45 AM Rochelle Studio Slate Belt	Aqua Strength 10:30-11:15 AM Fred Pool Bethlehem		
Ab Blast 10:15-10:45 AM Maria Studio Easton	Low Impact Aerobics 10:15-11:00AM Maria Studio Easton	Aqua Toning 10:00-10:45 AM Adrienne Studio Easton	Cycle 10:00-11:00AM Bill Studio Easton	Belly Dance 10:30-11:15 AM Carmen Ct. #1 Bethlehem		
Chair Yoga 10:45-11:30 AM Carmella Studio Slate Belt	Aqua Toning 10AM-10:45 AM Gill Pool Easton	Stretch & Balance 10:00-10:45 AM Jen Studio B Allentown	Yoga Fusion 10:15-11:00 AM Jessica Studio Easton	Beginner Tai Chi 11:15AM-12:00 PM Kathy Studio Easton		
Silver Sneakers Boom Move & Muscle 12:00-1:00 PM Kathy Studio Easton	Silver Sneakers Circuit 10:00-10:45 AM Cindy Studio Nazareth	Ab Blast 10:15-10:45 AM Maria Studio Easton	Individual Water Walking / Aqua Workout 10:15 -11:00 AM Pool Nazareth			
AOA Range of Motion & Balance 1:15-2:00 PM Kathy Studio Easton	Individual Water Walking / Aqua Workout 10:15 -11:00 AM Pool Nazareth	Aqua Strength 10:30-11:15 AM Fred Pool Bethlehem	Silver Sneakers Yoga 11:15-12:00 PM Cheryl Studio Easton			
	Cycle 11:00-11:45 AM Jerry Ct. #4 Bethlehem	Low Impact Movement & Strength 10:30-11:15AM Tanya Aux Gym Bethlehem				
	Silver Sneakers Yoga 11:15-12:00 PM Cheryl Studio Easton	Intermediate Tai Chi 11:00-11:45 AM Kathy Studio Easton				
		Silver Sneakers Boom Move & Muscle 12:00-1:00 PM Kathy Studio Easton				

Group Exercise Schedule

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.



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

EVENING CLASSES						
Monday	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	Strength Training 5:15-6:00 PM Morgan Studio Slate Belt	Meditation in Movement 4:15-5:00 PM Spirit Studio Slate Belt			
Zumba@ 5:15-6:15 PM Justine Studio Slate Belt	Circuit 5:30-6:15 PM Jen K Studio B Allentown	Cycle & Sculpt 5:30-6:15 PM Tara Cycle Studio Easton	Aqua Step 4:45-5:15 PM Shelly Pool Slate Belt			
Cycle & Sculpt 5:30-6:15 PM Tara Cycle Studio Easton	Total Body 6:00-7:00 PM Maria Studio Easton	Indoor Cycling 6:00-6:45 PM Mike/Rose/Sarah Studio Nazareth	HIIT Revolution 5:30-7:15 PM Deb Studio E Allentown			
Barre Sculpt & Burn 5:45-6:30 PM Stacey Ct. #1 Bethlehem	Total Body 6:00-6:45 PM Sarah Studio Nazareth	Zumba 6:00-7:00 PM Nataliya Ct. #1 Bethlehem	Zumba 5:30-6:15 PM Cynthia Studio Slate Belt			
Latin Heat 6:15-7:00 PM Samantha Studio Easton	Yoga 6:00-6:45 PM Maggie Studio Slate Belt	Latin Heat 6:15-7:00 PM Samantha Studio Easton	Barre Sculpt & Burn 5:45-6:30 PM Stacey Ct. #1 Bethlehem			
Indoor Cycling 6:30-7:15 PM Mike/Haley Studio Nazareth	Aqua Blast 6:15-7:00 PM Irene Pool Bethlehem	Yoga 7:00-8:00 PM Maria Studio Nazareth	Indoor Cycling 6:00-6:45 PM Maria Cycle Studio Easton			
			Pump It 6:00-6:45 PM Laura Studio Nazareth			
			Aqua Blast 6:15- 7:00 PM Irene Pool Bethlehem			

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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
 <p>For the most current class information please visit Schedules or scan the QR Code.</p>		 <p>Visit us on Y Wellnes 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!</p>
		2/27/26