

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

DAYTIME CLASSES						
Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga 1 8:00-8:45 AM Cheryl Studio Easton	Cycle 7:00-7:45 AM Maria Cycle Studio Easton	Silver Sneakers Classic 7:30-8:15 AM Jennifer Studio Nazareth	Cycle 6:15-7:00 AM Tanya Ct. #4 Bethlehem	Silver Sneakers Classic 7:30-8:15 AM Jennifer Studio Nazareth	Muscle Max 8:00-9:00 AM Kelly K Studio Nazareth	Cycle 9:15-10:00 AM Terri /Sarah Studio Nazareth (starting 5/11)
HIIT Revolution 8:15-9:00 AM Taylor Studio Slate Belt	Seated Strength & Balance 7:30-8:15 AM Tanya Studio Nazareth	Yoga 1 8:00-8:45 AM Cheryl Studio Easton	Silver Sneakers Classic 7:30-8:15 AM Jennifer Studio Nazareth	Yoga 1 8:00-8:45 AM Cheryl Studio Easton	Morning Mix 8:00-8:45 AM Lenore Studio Easton	Zumba® 10:00-10:45 AM Mel Studio Easton
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	SHINE DANCE FITNESS 8:15-9:00 AM Susan Studio I Suburban North	HITT 8:30-9:15 AM Tanya Aux Gym Bethlehem	Zumba® 10:30-11:15 AM Cynthia Studio Slate Belt
Cycle 8:30-9:15 AM Kelly C/Mike Studio Nazareth	Muscle Max 8:15-9:00 AM Susan Studio I Suburban North	Total Body Strength 8:15-9:00 AM Deb Studio B Allentown	Muscle Max 8:15-9:00 AM Susan Studio I Suburban North	Total Body 8:15-9:00 AM Lindsay/Taylor/Haley Studio Slate Belt	Cycle 9:00-10:00 AM Maria Cycle Studio Easton	Pure Strength 11:00 AM-12:00 PM Matthew Studio Easton
Hydro 8:30-9:15 AM Irene Pool Bethlehem	Aquacise 8:15-9:00 AM Lois Pool Slate Belt	Muscle Max 8:30-9:15 AM Kelly C Studio Nazareth	Aquacise 8:15-9:00 AM Lois Pool Slate Belt (Aqua Fitness with Shelly 6/26 only)	Interval Inferno 8:30-9:15 AM Mercy Studio B Allentown	Latin Heat 9:00-9:45 AM Samantha Studio Easton	
Cycle 9:00-10:00 AM Maria Cycle Studio Easton	HIIT 8:30-9:30 AM Kelly K Studio Nazareth	Aqua Surge 8:30-9:15 AM Deirdre Pool Bethlehem	Total Body 8:30-9:15 AM Hayley Studio Nazareth	Cycle & Sculpt 8:30-9:30 AM Rose Studio Nazareth	Aqua Fit 9:00-10:00 AM Deirdre Pool Easton	
Pure Strength 9:00-10:00 AM Larissa Studio Easton	R.I.P.P.E.D 9:00-10:00 AM Larissa Studio Easton	Total Body 9:00-10:00 AM Maria Studio Easton	R.I.P.P.E.D 9:00-10:00AM Larissa Studio Easton	Kickboxing 9:00-9:45 AM Jessica Studio Easton	Muscle Max 9:00-9:45 AM Jo-Elle Studio Slate Belt	
Aqua Fit 9:00-9:45 AM Peggy Pool Easton (8/4 only)	Cycle Express 9:00-9:30 AM Kate R Studio Slate Belt	Aqua Fit 9:00-9:45 AM Peggy Pool Easton (8/6 only)	Circuit Train 9:00-9:45 AM Katie S Studio Slate Belt	Power Hour 10:00-11:00 AM Matthew Studio Easton	Total Body Strength 9:00-9:45 AM Deb Studio I Suburban North	
Low Impact Movement & Strength Express 9:15-9:45 AM Taylor Studio Slate Belt	Aqua Tone & Stretch 9:00-10:00 AM Lili Pool Nazareth	Low Impact Movement & Strength 9:15-10:00 AM Diane Studio I Suburban North	Aqua Tone & Stretch 9:00-10:00 AM Deirdre Pool Nazareth	Aqua Fit 9:00-9:45 AM Peggy Pool Easton (8/1 only)	Yoga 10:00-11:15 AM Jane Studio Easton	
Low Impact Movement & Strength 9:15-10:00 AM Diane Studio I Suburban North	Aquacise 9:15-10:00 AM Lois Pool Slate Belt	LIIT Express 9:15-9:45 AM Carmella Studio Slate Belt	Aquacise 9:15-10:00 AM Lois Pool Slate Belt (Aqua Step with Shelly 6/26 only)	Yoga 9:15-10:00 AM Susan Studio I Suburban North	Yoga 10:00-10:45 AM Jessica Studio Slate Belt	
AOA Fitness 9:30-10:15 AM Maggie Aux Gym Bethlehem	Silver Sneakers Classic 9:30-10:15 AM Jennifer Studio I Suburban North	Low Impact Total Body 9:30-10:15 AM Tanya/Colleen Aux Gym Bethlehem	SHINE DANCE FITNESS 10:00-10:45 AM Deb Studio B Allentown	Cardio Dance 9:15-10:00 AM Lois Studio Slate Belt	Cycle 11:00-11:45 AM Jerry Ct. #4 Bethlehem	
Barre Fusion 9:30-10:15 AM Lindsay Studio Nazareth	Cycle 10:00-11:00 AM Bill Cycle Studio Easton	Aqua Fitness 9:30-10:15 AM Gill Pool Bethlehem	AOA Yoga 9:30-10:15 AM Maggie Aux Gym Bethlehem	Chair Yoga 9:30-10:15 AM Mercy Studio B Allentown		
Aqua Toning 10:10-10:45 AM Peggy Pool Easton (8/4 only)	AOA Yoga 10:00-10:45 AM Maggie Aux Gym Bethlehem	Aqua Toning 10AM-10:45 AM Peggy Pool Easton (8/6 only)	Low Impact Aerobics 10:00-10:45 AM Rochelle Studio Slate Belt	Total Body Strength 9:30-10:15 AM Tanya Aux Gym Bethlehem		
Range of Motion & Strength 10:00-10:30 AM Jessica Studio Slate Belt	Cardio Drumming 10:00-10:45 AM Rochelle Studio Slate Belt	Country Line Dance 10:00-10:45 AM Carmella Studio Slate Belt	Cycle 10:00-11:00AM Bill Cycle Studio Easton	Aqua Fitness 9:30-10:15 AM Gill Pool Bethlehem		
Core & Strength 10:15-10:45 AM Maria Studio Easton	Zumba Gold® 10:15-11:00AM Mel Studio Easton	Core & Strength 10:15-11:00AM Maria Studio Easton	Seated Strength & Balance 10:00-10:45 AM Mel Studio Nazareth	Aqua Toning 10:00-10:45 AM Peggy Pool Easton (8/1 only)		
Low Impact Movement & Strength 10:15-11:00 AM Diane Studio I Suburban North	Silver Splash 10:15-11:15 AM Lili Pool Nazareth	Low Impact Movement & Strength 10:15-11:00 AM Diane Studio I Suburban North	Yoga Fusion 10:15-11:00 AM Jessica Studio Easton	Silver Sneakers Yoga 10:15-11:00 AM Susan Studio I Suburban North		
Aqua Arthritis 10:30-11:15 AM Fred Pool Bethlehem	Aqua Step 10:15-11:00 AM Shelly Pool Slate Belt (8/5 & 8/12 only)	AOA Fitness 10:30-11:15AM Maggie Aux Gym Bethlehem	Silver Splash 10:15-11:15 AM Deirdre Pool Nazareth	Range of Motion & Strength 10:15-11:00 AM Lois Studio Slate Belt		
Chair Yoga 10:45-11:30 AM Jessica Studio Slate Belt	Low Impact Movement & Strength 10:30-11:15 AM Diane Studio I Suburban North	Aqua Arthritis 10:30-11:15 AM Fred Pool Bethlehem	Silver Sneakers Classic 10:30-11:15 AM Jennifer Studio I Suburban North	Belly Dance 10:30-11:15 AM Carmen Ct. #1 Bethlehem		
Silver Sneakers Boom Move & Muscle 12:00-1:00 PM Kathy Studio Easton	Cycle 11:00-11:45 AM Tanya Ct. #4 Bethlehem	Silver Sneakers Boom Move & Muscle 12:00-1:00 PM Kathy Studio Easton	Cycle Express 11:00-11:30 AM Jerry Ct. #4 Bethlehem	Aqua Arthritis 10:30-11:15 AM Fred Pool Bethlehem		
AOA Range of Motion & Balance 1:15-2:00 PM Kathy Studio Easton	Silver Sneakers Yoga 11:15-12:00 PM Cheryl Studio Easton	AOA Range Of Motion & Balance 1:15-2:00 PM Kathy Studio Easton	Silver Sneakers Yoga 11:15-12:00 PM Cheryl Studio Easton	Beginner Tai Chi 11:15AM-12:00 PM Kathy Studio Easton		
	Intermediate Tai Chi 12:15-1:00 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.