



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

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	Aqua Fitness 4:45-5:30 PM Shelly Pool Slate Belt	Meditation in Movement 4:15-5:00 PM Spirit Studio Slate Belt			
Zumba® 5:15-6:15 PM Justine Studio Slate Belt	Total Body 6:00-7:00 PM Maria Studio Easton	Strength Training 5:15-6:00 PM Morgan Studio Slate Belt	Zumba 5:00-5:45 PM Justine Studio Nazareth			
Cycle & Sculpt 5:30-6:15 PM Tara Cycle Studio Easton	Cycle 6:00-6:45 PM Jennifer Studio Suburban North	Cycle & Sculpt 5:30-6:15 PM Tara Cycle Studio Easton	Zumba 5:30-6:15 PM Cynthia Studio Slate Belt			
Aqua Fitness 5:30-6:15 PM Shelly Pool Slate Belt	Pump It 6:00-6:45 PM Terri Studio Nazareth	Indoor Cycling 6:00-6:45 PM Mike/Rose/Sarah Studio Nazareth	Barre Fusion 5:45-6:30 PM Stacey Ct. #1 Bethlehem			
Barre Fusion 5:45-6:30 PM Stacey Ct. #1 Bethlehem	HIIT 6:00-6:45 PM Maggie Studio Slate Belt	Zumba 6:00-7:00 PM Nataliya Ct. #1 Bethlehem	Indoor Cycling 6:00-6:45 PM Maria Cycle Studio Easton			
SHINE DANCE FITNESS 6:00-6:45 PM Deb Studio 1 Suburban North	Aqua Blast 6:15-7:00 PM Irene Pool Bethlehem	Zumba® 6:15-7:00 PM Mel Studio Easton	Cycle 6:00-6:45 PM Jennifer Studio Suburban North			
Zumba® 6:15-7:00 PM Mel Studio Easton		Yoga 7:00-8:00 PM Katie Studio Nazareth	Total Strength 6:00-6:45 PM Sarah Studio Nazareth			
Indoor Cycling 6:30-7:15 PM Mike/Haley Studio Nazareth			Aqua Blast 6:15- 7:00 PM Irene Pool Bethlehem			
			Cardio Kickboxing 6:30-7:30 PM Mercy Studio B Allentown			
<div> <div> Easton/Phillipsburg Branch Stay & Play Hours: Monday-Friday 8:45AM-11:AM Monday-Thursday 5:00PM-7:30PM Saturday 8:30AM-12:30PM </div> <div> Nazareth Stay & Play Hours: Monday-Friday 8:30AM-11:30AM Monday-Thursday 5:00-7:30PM Saturday 8:30AM-12:30PM </div> <div> Slate Belt Stay & Play Hours: Monday-Friday 8:00AM-11:00AM Monday-Thursday 5:00-7:30PM Saturday 8:30AM-12:30PM </div> </div>						
		For the most current class information please visit Schedules or scan the QR Code.			Visit us on Y.Wellness 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!	Updated 7/23/25

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.