

RIVER CROSSING YMCA | Doylestown
Group Exercise Schedule
September Modified Schedule 9/1 - 9/7

"We're here for you."

DAYTIME CLASSES						
Monday 9/1	Tuesday 9/2	Wednesday 9/3	Thursday 9/4	Friday 9/5	Saturday 9/6	Sunday 9/7
CLOSED LABOR DAY	Spivi Spin 5:30-6:15 AM Bill Studio 4	Spin 5:30-6:15 AM Bill Studio 4	Spin 6:00-6:45 AM Kathy Studio 4	Express Spin 6:00-6:45 AM Kathy/Bill Studio 4	Express Spin 7:15-7:45 AM Kathy Studio 4	Pure Strength 8:45-9:30 AM Kristen L. Studio 3
	BodyPump™ 7:00-7:45 AM Megan Studio 2	Pilates 8:00-8:45 AM Amy Studio 2	Pure Strength 7:00-7:45 AM Megan Studio 3	Pure Strength 8:30-9:15 AM Kristen L. Studio 3	Spin 8:00-8:45 AM Kathy Studio 4	Zumba® 11:30-12:15 PM Elena/Lilit Studio 3
	Chair Yoga 8:00-8:45 AM Sandy Studio 1	Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Aqua Dance 9:00-9:45 AM Maria WP	Hatha Yoga 8:30-9:30 AM Sandy Studio 4	Pilates 9:30-10:15 AM Vonna Studio 3	
	Gentle Yoga 9:00-9:45 AM Yuki Studio 1	Express Glute Camp 9:30-10:00 AM Vonna Studio 2	Gentle Yoga 9:00-9:45 AM Yuki Studio 3	HIIT Revolution 9:30-10:15 AM Carrene Studio 3	Zumba® 10:30-11:15 AM Elena/Lilit Studio 3	
	Aqua Interval 9:00-9:45 AM Maryann LP	BodyCombat™ 9:30-10:15 AM Nicole Studio 3	Vinyasa Yoga 10:00-11:00 AM Yuki Studio 3	Express Spin 10:15-10:45 AM Megan Studio 4		
	BodyPump™ 9:15-10:00 AM Carrene Studio 2	Zumba® 10:15-11:00 AM Gina Studio 2				
	Aqua Deep Cardio 10:00-10:45 AM Maryann LP	Spin 10:15-11:00 AM Sue Studio 4				
	Vinyasa Yoga 10:00-11:00 AM Yuki Studio 1	SilverSneakers Classic® 11:30-12:15 PM JoAnn Studio 2				
	Low Impact Movement & Strength Express 11:00-11:30 AM Amy Studio 2	SilverSneakers Classic® 12:30-1:15 PM JoAnn Studio 2			<u>Doylestown Group Exercise Schedule</u> Group exercise classes are included in your membership. Registration required for Aquatic Group Exercise classes through MindBody as space is limited.	
	Stretch & Balance 12:15-1:00 PM Saralyn Studio 2					

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted
------------------	-------------------	-------	-----------	----------	----------------

RIVER CROSSING YMCA | Doylestown
Group Exercise Schedule
September Modified Schedule 9/1 - 9/7

"We're here for you."

EVENING CLASSES						
Monday 9/1	Tuesday 9/2	Wednesday 9/3	Thursday 9/4	Friday 9/5	Saturday 9/6	Sunday 9/7
CLOSED LABOR DAY	Pop Pilates 5:30-6:15 PM Gina Studio 2	BodyPump™ 5:00-5:45 PM Kristen D Studio 2	Hatha Yoga 5:30-6:30 PM Sandy Studio 3			
	Spin 6:00-6:45 PM Dan Studio 4 (Heart Rate Training class)	Zumba® 6:00-6:45 PM Elena Studio 2	Spin 6:00-6:45 PM Kathy Studio 4			
	Express Zumba Step® 6:30-7:00 PM Gina Studio 2	Pop Pilates 7:00-7:45 PM Elena Studio 2	Zumba® 7:15-8:00 PM Caitlin Studio 3			
	Interval Inferno 6:30-7:15 PM Chrissy Studio 3	Vinyasa Yoga 7:00-8:00 PM Eric Studio 2			<u>Doylestown Stay & Play Hours:</u> Monday - Thursday 8:30AM-1:00PM Monday - Thursday 4:00-8:00 PM Friday 8:30AM-1:00PM Saturday 8:00AM-1:00PM Sunday 9:30AM-1:00PM	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics		

Please check ymcarivercrossing.org/schedules 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 /8/22/25