

RIVER CROSSING YMCA | Doylestown
Group Exercise Schedule
August Modified Schedule 8/25 - 8/31

"We're here for you."

DAYTIME CLASSES						
Monday 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29	Saturday 8/30	Sunday 8/31
Spin 6:00-6:45 AM Dan Studio 4	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 Vonna Studio 4	Express Spin 6:00-6:45 AM Bill Studio 4	Express Spin 7:15-7:45 AM Vonna Studio 4	BodyPump™ 8:45-9:30 AM Kristen L. Studio 2
Gentle Aqua Aerobics 8:00-8:45 AM Liz WP	Aqua Yoga/Ai Chi 8:00-8:45 AM Sandy WP	Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Aqua Tabata 6:00-7:00 AM Michelle WP	Aqua Zumba 8:00-8:45 AM Gina WP	Spin 8:00-8:45 AM Vonna Studio 4	Slow Flow Yoga 9:00-10:00 AM Cathy Studio 1
Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Gentle Yoga 9:00-9:45 AM Yuki Studio 1	Express Glute Camp 9:30-10:00 AM Vonna Studio 2	Aqua Yoga/Ai Chi 8:00-8:45 AM Sandy WP	BodyPump™ 8:30-9:15 AM Kristen L. Studio 2	Hatha Yoga 8:15-9:15 AM Sandy Studio 1	BodyCombat™ 9:45-10:30 AM Nicole Studio 2
Pilates 9:00-9:45 AM Tara Studio 3	BodyPump™ 9:15-10:00 AM Carrene Studio 2	Zumba® 10:15-11:00 AM Gina Studio 2	Gentle Yoga 9:00-9:45 AM Yuki Studio 1	Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Pilates 9:30-10:15 AM Vonna Studio 2	Les Mills Core™ 10:45-11:15 AM Nicole Studio 2
Interval Inferno 9:30-10:15 AM Nicole Studio 2	Vinyasa Yoga 10:00-11:00 AM Yuki Studio 1	Spin 10:15-11:00 AM Sue Studio 4	Vinyasa Yoga 10:00-11:00 AM Yuki Studio 1	HIIT Revolution 9:30-10:15 AM Carrene Studio 2	Zumba® 10:30-11:15 AM Lilit Studio 2 Rotation	Zumba® 11:30-12:15 PM Lilit Studio 2 Rotation
Zumba Gold® 10:15-11:00 AM Denise Studio 3	Stretch & Balance 12:15-1:00 PM Saralyn Studio 2	Aqua Arthritis 11:30-12:30 PM Jill WP	Pure Strength Express 10:15-10:45 AM Kristen Studio 2	Express Spin 10:15-10:45 AM Megan Studio 4		
BodyPump™ 10:30-11:15 AM Kristen L. Studio 2		Gentle Yoga 11:30-12:30 PM Saralyn Studio 1		Pilates 10:30-11:15 AM Sue Studio 1		
Aqua Tone & Stretch 11:30-12:30 PM Maryann WP				Zumba Gold® 10:30-11:15 AM Denise Studio 2		
SilverSneakers Classic® 11:30-12:15 PM JoAnn Studio 2				Aqua Arthritis 11:30-12:30 PM Jill WP		
Express Spin 12:00-12:30 PM Vonna Studio 4				SilverSneakers Classic® 11:30-12:15 PM JoAnn Studio 2	Doylestown Group Exercise Schedule Group exercise classes are included in your membership. Registration required for Aquatic Group Exercise classes through MindBody as space is limited.	
SilverSneakers Classic® 12:30-1:15 PM JoAnn Studio 2				SilverSneakers Classic® 12:30-1:15 PM JoAnn Studio 2		
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

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EVENING CLASSES						
Monday 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29	Saturday 8/30	Sunday 8/31
Pop Pilates 5:00-5:45 PM Gina Studio 2	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 1	Zumba Step® 5:30-6:15 PM Gina Studio 2		
Zumba® 6:00-6:45 PM Gina Studio 2	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 Chrissy Studio 4			
Kettlebell Flex & Flow 6:00-6:45 PM Chrissy Studio 3	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 2			
	Interval Inferno 6:30-7:15 PM Chrissy Studio 3				Doylestown Stay & Play Hours: 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 /8/20/25