

River Crossing YMCA | Easton/Phillipsburg
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
Yoga 1 8:00 -8:45 AM Cheryl Studio	Cycle 7:00-7:45AM Maria Cycle Studio	Yoga 1 8:00 -8:45 AM Cheryl Studio	R.I.P.P.E.D 9:00-10:00AM Larissa Studio	Yoga 1 8:00 -8:45 AM Cheryl Studio	Morning Mix 8:00-8:45 AM Lenore Studio	Zumba® 10:00-10:45AM Justine Studio
Cycle 9:00-10:00 AM Maria Cycle Studio	R.I.P.P.E.D 9:00-10:00AM Larissa Studio	Total Body 9:00-10:00 AM Maria Studio	Cycle 10:00-11:00AM Bill Cycle Studio	Kickboxing 9:00-9:45 AM Jessica Studio	Cycle 9:00-10:00 AM Maria Cycle Studio	Pure Strength 11:00AM-12:00PM Matthew Studio
Pure Strength 9:00-10:00AM Larissa Studio	Cycle 10:00-11:00AM Bill Cycle Studio	Core & Strength 10:15-10:45AM Maria Studio	Yoga Fusion 10:15-11:00 AM Jessica Studio	Beginner Tai Chi 11:15-12:00PM Kathy Studio	Salsa/Bachata 9:00-9:45AM Samantha Studio	
Core & Strength 10:15-10:45AM Maria Studio	Zumba Gold 10:15-11:00 AM Mel Studio	Silver Sneakers Boom Move & Muscle 12:00-1:00PM Kathy Studio	Silver Sneakers Yoga 11:15-12:00PM Cheryl Studio		Yoga/Pilates Fusion 10:00-11:15AM Jane Studio	
Silver Sneakers Boom Move & Muscle 12:00-1:00PM Kathy Studio	Silver Sneakers Yoga 11:15-12:00AM Cheryl Studio	Range Of Motion & Balance 1:15-2:00PM Kathy Studio				
Range Of Motion & Balance 1:15-2:00PM Kathy Studio	Intermediate Tai Chi 12:15-1:00PM Kathy Studio					
EVENING CLASSES						
Monday 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29	Saturday 8/30	Sunday 8/31
Cycle & Sculpt 5:30-6:15 PM Tara Cycle Studio	Cycle 5:30-6:15 PM Tara Cycle Studio	Cycle & Sculpt 5:30-6:15 PM Tara Cycle Studio	Pound Express 5:30-6:00 PM Lenore Studio			
Zumba 6:15-7:00 PM Mel Studio	Total Body 6:00-7:00 PM Maria Studio	Zumba 6:15-7:00 PM Mel Studio	Cycle 6:00-6:45 PM Maria Cycle Studio		<u>Easton/Phillipsburg Group Exercise Schedule</u> es are included in your membership.	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

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