

RIVER CROSSING YMCA | Fairless Hills
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	Spin 6:00-6:45 AM Roe Studio 3	Pure Strength 8:00-8:45 AM Domenica Studio 1	Spin 6:00-6:45 AM Roe Studio 3	Total Body Conditioning 6:00-6:45 AM Roe Studio 1	Yoga 9:15-10:00 AM Vicki Studio 2	Yoga 8:00-9:00 AM Lindsay Studio 1
	Low Impact Aerobics 8:15-9:00 AM Roe Studio 1	SilverSneakers Yoga 9:00-9:45 AM Betsy Studio 1	HIIT Revolution 9:30-10:15 AM Kristin Studio 1	Spivi Spin 9:15-10:00 AM Kristin Studio 3	Circuit 9:15-10:00 AM Betsy Studio 1	Express Spin 8:15-8:45 AM Brooke Studio 3
	Zumba® 9:30-10:15 AM Lauren Studio 2	Spivi Spin 9:15-10:00 AM Domenica Studio 3	Yoga 9:30-10:30 AM Elda Studio 2	Stronger Leaner Longer 10:15-11:00 AM Domenica Studio 2	Zumba® 10:15-11:00 AM Instructor Rotation Studio 1	Zumba® 9:30-10:15 AM Instructor Rotation Studio 1
	Glute Camp 10:30-11:15 AM Kristin Studio 1	Zumba Gold® 10:00-10:45 AM Betsy Studio 1	Tai Chi/QiGong 10:30-11:30 AM Arlette Studio 1	SilverSneakers® Circuit 10:30-11:15 AM Sharon Falls Township Senior Center		Adapted Fitness 11:00-11:45 AM Y Staff Studio 1
	Tai Chi/Qigong 12:00-1:00 PM Arlette Studio 1	Stronger Leaner Longer 10:15-11:00 AM Domenica Studio 2				
		SilverSneakers Yoga 11:00-11:45 AM Betsy Studio 1				
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	Yoga 5:30-6:30 PM Jeanine Studio 2	Zumba® 5:30-6:15 PM Leanne Studio 1	Spartan Training 6:00-6:45 PM Jamie Studio 1	Zumba® 6:00-6:45 PM Bridget Studio 1		
	Zumba® 6:30-7:15 PM Bridget Studio 1	Pure Strength 6:30-7:15 PM Kymberlee Studio 1 (Heart Rate Training Class)	Kickboxing 7:00-7:45 PM Jamie Studio 1		<u>Fairless Hills Group Exercise Schedule</u> Group exercise classes are included in your membership. <u>Fairless Hills Stay & Play Hours:</u> Monday - Saturday 8:30AM-12:30PM Monday - Thursday 4:30PM-7:30PM	
	Stronger Leaner Longer 7:00-7:45 PM Kymberlee Studio 2	Yoga 7:30-8:15 PM Lindsay Studio 1	Yoga 7:15-8:00 PM Vicki Studio 2			
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

Please check ymcarivercrossing.org 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