

**River Crossing YMCA | Nazareth
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
Barre Fusion 9:30-10:15 AM Lindsay Studio	Strength & Balance 7:30 -8:15 AM Tanya Studio	Silver Sneakers Classic 7:30 -8:15 AM Tanya Studio	Cycle 8:30- 9:15 AM Mike Studio	Silver Sneakers Classic 7:30 -8:15 AM Tanya Studio	Muscle Max 8:00-9:00 AM Kelly K Studio	Cycle & Sculpt 9:15- 10:15 AM Sarah Studio
	HIIT 8:30-9:30 AM Kelly K Studio	Muscle Max 8:30-9:15 AM Kelly C Studio	Seated Strength & Balance 10:00-10:45 AM Mel 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 6:30- 7:15 PM Hayley Studio	HIIT 6:00-6:45 PM Terri Studio	Cycle 6:00- 6:45 PM Mike/Rose/Sarah Studio	Zumba 5:00 - 5:45 PM Justine Studio			
		Yoga 7:00- 8:00 PM Katie Studio	HIIT 6:00 - 6:45PM Sarah L Studio			
					<u>Nazareth Group Exercise Schedule</u> Group exercise classes 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