

River Crossing YMCA | Nazareth
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	Strength & Balance 7:30 -8:15 AM Tanya Studio	Silver Sneakers Classic 7:30 -8:15 AM Jennifer Studio	Total Body 8:30-9:15 AM Mike Studio	Silver Sneakers Classic 7:30 -8:15 AM Jennifer Studio	Muscle Max 8:00-9:00 AM Kelly K Studio	Cycle 9:315- 10:00 AM Terri Studio
	HIIT 8:30-9:30 AM Kelly K Studio	Muscle Max 8:30-9:15 AM Kelly C Studio	Silver Sneakers Classic 7:30 -8:15 AM Jennifer Studio			
	Aqua Tone & Stretch 9:00-10:00 AM Lili Pool		Aqua Tone & Stretch 9:00-10:00 AM Lili Pool			
	Silver Splash 10:15-11:15 AM Lili Pool		Seated Strength & Balance 10:00-10:45 AM Mel Studio			
			Silver Splash 10:15-11:15 AM Lili Pool			
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	Circuit 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			
			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 8/26/25