

RIVER CROSSING YMCA | Quakertown
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
BodyCombat™ 5:30-6:15 AM Jenna Aux. Gym	Strength & Flow 5:30-6:15 AM Steph Aux. Gym	HIIT Revolution 5:30-6:15 AM Steph Aux. Gym	BodyCombat™ 8:15-9:00 AM Karen Aux. Gym	Zumba Toning® 8:30-9:15 AM Karen Aux. Gym	Total Body Conditioning 8:00-8:45 AM Jenna Aux. Gym	
HIIT Revolution 9:30-10:15 AM Megan Aux. Gym Virtual Live	Interval Inferno 8:15-9:00 AM Karen Aux. Gym	BodyPump™ 8:00-8:45 AM Karen Aux. Gym	Zumba® 9:15-10:00 AM Karen Aux. Gym	Barre 9:30-10:15 AM Jenna Aux. Gym	Express Barre 9:00-9:30 AM Jenna Studio Y	
Ab Blast! 10:30-11:00 AM Jen Studio Y Virtual Live	BodyPump™ 9:15-10:00 AM Nicole Aux. Gym	Spin 10:30-11:15 AM Kristen Studio Y	Y Circuit Class 10:00-10:45 AM Kristen Y Circuit Room	SilverSneakers® Circuit 11:00-11:45 AM Kristen Gym	BodyPump™ 10:30-11:15 AM Kristen Aux. Gym	
SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live	Y Circuit Class 9:30-10:15 AM Tara Y Circuit Room		BodyPump Express™ 10:15-10:45 AM Nicole Aux. Gym			
	Cycle & Sculpt 9:45-10:30 AM Kristen Studio Y Virtual Live		SilverSneakers® Classic 11:00-11:45 AM Kristen Aux. Gym			
	SilverSneakers® Classic 11:00-11:45 AM Kristen Aux. Gym					

EVENING CLASSES						
Monday 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29	Saturday 8/30	Sunday 8/31
Y Circuit Class 5:30-6:15 PM Jenna Y Circuit Room	Interval Inferno 6:00-6:30 PM Laura Aux. Gym		BodyCombat™ 5:30-6:15 PM Tara Aux. Gym			
BodyPump™ 6:30-7:15 PM Laura Aux. Gym	Ab Blast! 6:45-7:15 PM Laura Aux. Gym		Pilates 6:30-7:15 PM Tara Aux. Gym		Quakertown Branch Stay & Play Hours: Monday-Saturday 9:30AM-12:30PM Monday-Thursday 4:00-7:30PM	
	Yoga 7:30-8:30 PM Virtual Studio Y				<u>Quakertown Group Exercise Schedule</u> Group exercise classes are included in your membership.	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted
------------------	-------------------	-------	-----------	----------	----------------

Highlighted items indicate a change in class format or time.

Please check ymcabucks.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