

RIVER CROSSING YMCA | Quakertown
Group Exercise
October Schedule

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Deep Cardio 9:30-10:15 AM Michelle LP	Interval Inferno 8:15-9:00 AM Karen Aux. Gym	BodyPump™ 8:00-8:45 AM Karen Aux. Gym	Kettlebell Flex & Flow 5:30-6:15 AM Tara Aux. Gym	Step 8:00-8:45 AM Megan Aux. Gym	NEW! Fit Blast VIIT 7:45-8:3 AM Karen Aux. Gym	Aqua Zumba 8:00-8:45 AM Melanie LP
HIIT Revolution 9:30-10:15 AM Megan Aux. Gym Virtual Live (Heart Rate Training)	BodyPump™ 9:15-10:00 AM Nicole Aux. Gym	Aqua Deep Cardio 9:00-9:45 AM Michelle LP	BodyCombat™ 8:15-9:00 AM Karen Aux. Gym	Aqua Zumba 9:00-9:45 AM Karen LP	Zumba® 9:30-10:15 AM Melanie Aux. Gym	Yoga 8:30-9:30 AM Virtual Studio Y
Ab Blast 10:30-11:00 AM Jen Studio Y Virtual Live	Y Circuit Class 9:30-10:15 AM Tara Y Circuit Room	Booty Boot Camp 9:30-10:15 AM Megan Aux. Gym Virtual Live	Power Waves 9:00-9:45 AM Leanne LP	Total Body Conditioning 9:30-10:15 AM Megan Aux. Gym Virtual Live	BodyPump™ 10:30-11:15 AM Kristen Aux. Gym	
SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live	Spin & Sculpt 9:45-10:30 AM Kristen Studio Y	Aqua Barre 10:00-10:45 AM Michelle LP	Zumba® 9:15-10:00 AM Karen Aux. Gym	Ab Blast 10:30-11:00 AM Jen Studio Y Virtual Live		
Aqua Zumba 12:00-12:45 PM Karen LP	SilverSneakers® Classic 11:00-11:45 AM Kristen 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 Megan Gym Virtual Live		
		Stretch & Balance 11:00-11:45 AM Megan Gym Virtual Live	BodyPump Express™ 10:15-10:45 AM Nicole Aux. Gym			
			SilverSneakers® Classic 11:00-11:45 AM Kristen Gym			
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Y Circuit Express 5:30-6:00PM Jen Y Circuit	Interval Inferno 6:00-6:30PM Laura Aux. Gym	BodyPump™ 5:30-6:15 PM Megan Aux. Gym	BodyCombat™ 5:30-6:15 PM Karen Aux. Gym			
Zumba® 5:30-6:15 PM Melanie Aux. Gym	Ab Blast 6:45-7:15 PM Laura Aux. Gym	Zumba® 6:30-7:15 PM Lisa Aux. Gym	Pilates 6:30-7:15 PM Karen Aux. Gym			
BodyPump™ 6:30-7:15 PM Laura Aux. Gym	Yoga 7:30-8:30 PM Virtual Studio Y				<u>Quakertown Group Exercise Schedule</u> Group exercise classes are included in your membership.	
					<u>Quakertown Branch Stay & Play Hours:</u> Monday-Saturday 8:30AM-12:30PM Monday-Thursday 4:00-7:30PM	
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 9/26/25