

RIVER CROSSING YMCA | Doylestown
Group Exercise Schedule
December 2025 Modified Schedule 12/22 - 12/28

"We're here for you."

DAYTIME CLASSES						
Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27	Sunday 12/28
Spin 6:00-6:45 AM Dan Studio 4	Spivi Spin 5:30-6:15 AM Bill Studio 4	Spin 5:30-6:15 AM Bill Studio 4	Closed	Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Express Spin 7:15-7:45 AM Kathy Studio 4	Spin 9:30-10:15 AM Robin/Chrissy Studio 4
Gentle Aqua Aerobics 8:00-8:45 AM Liz WP	Aqua Yoga/Ai Chi 8:00-8:45 AM Sandy WP	Pilates 8:00-8:45 AM Amy Studio 2		HIIT Revolution 9:30-10:15 AM Chrissy Studio 2	Spin 8:00-8:45 AM Kathy Studio 4	***NEW*** Boot Camp 9:45-10:45 AM Gina Studio 2
Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Total Body Conditioning 8:00-8:45 AM Candi Studio 2	Hatha Yoga 8:30-9:30 AM Sandy Studio 1		Pilates 10:30-11:15 AM Sue Studio 1	Pure Strength 8:30-9:15 AM Gina Studio 2	Zumba® 11:30-12:15 PM Elena/Lilit Studio 2
Aquacise 9:00-9:45 AM Maryann LP	Gentle Yoga 9:00-9:45 AM Yuki Studio 1	Aqua Tabata 9:00-9:45 AM Maryann LP		Zumba Gold® 10:30-11:15 AM Denise Studio 2	Hatha Yoga 8:15-9:15 AM Sandy Studio 1	
Interval Inferno 9:30-10:15 AM Nicole Studio 2	Aqua Interval 9:00-9:45 AM Maryann LP	BodyCombat™ 9:30-10:15 AM Aryana Studio 3		Aqua Arthritis 11:30-12:30 PM Jill WP	BodyCombat™ 9:30-10:15 AM Aryana/Gina Studio 3	
Aqua Aerobics 10:00-11:00 AM Maryann LP	Aqua Deep Cardio 10:00-10:45 AM Maryann LP	Zumba® 10:30-11:15 AM Gina Studio 3		Deep Water Cardio 12:45-1:30 PM Jill WP	Pilates 9:30-10:15 AM Vonna Studio 2	
Zumba Gold® 10:15-11:00 AM Denise Studio 3	Vinyasa Yoga 10:00-11:00 AM Yuki Studio 1	Spin 10:15-11:00 AM Sue Studio 4			Zumba® 10:30-11:15 AM Lilit/Elena Studio 2	
BodyPump™ 10:30-11:15 AM Nicole Studio 2	LIIT 11:15-12:00 PM Cathy Studio 2					
SilverSneakers® Classic 11:30-12:15 PM Jo-Ann Studio 2	Stretch & Balance 12:15-1:00 PM Cathy Studio 2					
Aqua Tone & Stretch 11:15-12:15 PM Maryann WP					Doylestown Group Exercise Schedule Group exercise classes are included in your membership. Registration required for Aquatic Group Exercise classes through MindBody as space is limited.	
SilverSneakers® Classic 12:30-1:15 PM Jo-Ann Studio 2						
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

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EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates 5:00-5:45 PM Vonna Studio 2	Pop Pilates 5:30-6:15 PM Gina Studio 2	Closed	Closed	Zumba Step® 5:30-6:15 PM Gina Studio 2	Doylestown Stay & Play Hours: Monday - Thursday 8:30AM-1:00PM Monday - Thursday 4:00-8:00 PM Friday 8:30AM-1:00PM Saturday 8:30AM-1:00PM Sunday 9:30AM-1:00PM	
Zumba® 6:00-6:45 PM Gina Studio 2	Spin 6:00-6:45 PM Dan Studio 4 (Heart Rate Training Class)					
Kettlebell Flex & Flow 6:00-6:45 PM Lisa Studio 3	Express Zumba Step® 6:30-7:00 PM Gina Studio 2				Metro Esports Gaming Lounge Hours: Monday - Friday 2:30PM-9:00PM Saturday & Sunday 2:00-6:00PM	
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 12/11/25

