

RIVER CROSSING YMCA | Doylestown
Group Exercise Schedule
December 2025 Modified Schedule 12/29 - 1/4

"We're here for you."

DAYTIME CLASSES						
Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4
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	Gentle Yoga 9:00-9:45 AM Yuki Studio 1	Express Spin 6:00-6:30 AM Kathy/Bill Studio 4	Express Spin 7:15-7:45 AM Kathy Studio 4	BodyPump™ 8:45-9:30 AM Kristen Studio 2
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	Vinyasa Yoga 10:00-11:00 AM Yuki Studio 1	Yoga 6:00-7:00 AM Laura Studio 1	Spin 8:00-8:45 AM Kathy Studio 4	Slow Flow Yoga 9:00-10:00 AM Cathy S. Studio 1
Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Gentle Yoga 9:00-9:45 AM Yuki Studio 1	Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Low Impact Movement & Strength 11:15-12:00 PM Amy Studio 2	Aqua Zumba 8:00-8:45 AM Gina WP	Pure Strength 8:30-9:15 AM Gina Studio 2	Spin 9:30-10:15 AM Robin/Chrissy Studio 4
Aquacise 9:00-9:45 AM Maryann LP	Aqua Interval 9:00-9:45 AM Maryann LP	Aqua Tabata 9:00-9:45 AM Maryann LP	Stretch & Balance 12:15-1:00 PM Amy Studio 2	BodyPump™ 8:30-9:15 AM Kristen Studio 2	Hatha Yoga 8:15-9:15 AM Sandy Studio 1	***NEW*** Boot Camp 9:45-10:45 AM Gina Studio 2
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		Hatha Yoga 8:30-9:30 AM Sandy Studio 1	BodyCombat™ 9:30-10:15 AM Aryana/Gina Studio 3	***NEW*** Hatha Yoga Foundations 10:15-11:15 AM Alex Studio 1
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		HIIT Revolution 9:30-10:15 AM Carrene Studio 2	Pilates 9:30-10:15 AM Vonna Studio 2	Zumba® 11:30-12:15 PM Elena/Lilit Studio 2
Aqua Tone & Stretch 11:15-12:15 PM Maryann WP	LIIT 11:15-12:00 PM Cathy Studio 2	Aqua Arthritis 11:30-12:30 PM Jill WP		Pilates 10:30-11:15 AM Sue Studio 1	Zumba® 10:30-11:15 AM Lilit/Elena Studio 2	
	Stretch & Balance 12:15-1:00 PM Cathy Studio 2			Zumba Gold® 10:30-11:15 AM Denise Studio 2		
				Aqua Arthritis 11:30-12:30 PM Jill WP		
				SilverSneakers® Classic 11:30-12:15 PM Jo-Ann Studio 2		
				SilverSneakers® Classic 12:30-1:15 PM Jo-Ann Studio 2	<u>Doylestown Group Exercise Schedule</u> Group exercise classes are included in your membership. Registration required for Aquatic Group Exercise classes through MindBody as space is limited.	
				Deep Water Cardio 12:45-1:30 PM Jill WP		
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	<u>Doylestown Stay & Play Hours:</u> 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				<u>Metro Esports Gaming Lounge Hours:</u> Monday - Friday 2:30PM-9:00PM Saturday & Sunday 2:00-6:00PM	
	Interval Inferno 6:30-7:15 PM Chrissy Studio 3					
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 12/22/25