

River Crossing YMCA | Easton/Phillipsburg
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
Yoga 8:00-8:45AM Maria Studio	Cycle 7:00-7:45AM Maria Cycle Studio	Yoga 8:00-8:45AM Maria Studio	CLOSED	Yoga 8:00-8:45AM Maria Studio	Morning Mix 8:00-8:45 AM Lenore Studio	Pure Strength 11:00AM-12:00PM Matthew Studio
Cycle 9:00-10:00 AM Maria Cycle Studio	R.I.P.P.E.D 9:00-10:00AM Larissa Studio	Total Body 9:00-10:00 AM Maria Studio		Cycle 10:00-11:00AM Bill Cycle Studio	Cycle 9:00-10:00 AM Maria Cycle Studio	
Pure Strength 9:00-10:00AM Larissa Studio	Cycle 10:00-11:00AM Bill Cycle Studio	Ab Blast 10:15-10:45AM Maria Studio			Yoga 10:00-11:15AM Jane Studio	
Ab Blast 10:15-10:45AM Maria Studio	Low Impact Aerobics 10:15-11:00 AM Maria Studio					
Silver Sneakers Boom Move & Muscle 12:00-1:00PM Kathy Studio	Silver Sneakers Yoga 11:15-12:00PM Maria Studio					
Range Of Motion & Balance 1:15-2:00PM Kathy Studio	Intermediate Tai Chi 12:15-1:00PM Kathy Studio					
EVENING CLASSES						
Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27	Sunday 12/28
Cycle & Sculpt 5:30-6:15 PM Tara Cycle Studio	Total Body 6:00-7:00 PM Maria Studio	CLOSED	CLOSED			
					<u>Easton/Phillipsburg Group Exercise Schedule</u> es 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 12/11/25