

River Crossing YMCA | Easton/Phillipsburg
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
Yoga 8:00-8:45AM Maria Studio	Cycle 7:00-7:45AM Maria Cycle Studio	Yoga 8:00-8:45AM Maria Studio		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	Cycle 10:00-11:00AM Bill Cycle Studio	Total Body 9:00-10:00 AM Maria Studio		Kickboxing 9:00-9:45 AM Jessica Studio	Cycle 9:00-10:00 AM Maria Cycle Studio	
Ab Blast 10:15-10:45AM Maria Studio	Low Impact Aerobics 10:15-11:00 AM Maria Studio	Ab Blast 10:15-10:45AM Maria Studio		Cycle 10:00-11:00AM Bill Cycle Studio	Yoga 10:00-11:15AM Jane Studio	
Silver Sneakers Boom Move & Muscle 12:00-1:00PM Kathy Studio	Silver Sneakers Yoga 11:15-12:00PM Maria Studio			Beginner Tai Chi 11:15-12:00PM Kathy Studio		
Range Of Motion & Balance 1:15-2:00PM Kathy Studio	Intermediate Tai Chi 12:15-1:00PM Kathy Studio					
EVENING CLASSES						
Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4
	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