



**River Crossing YMCA | Easton/Phillipsburg**  
**Group Exercise**  
**January 5th-31st Schedule**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Yoga</b> 8:00 -8:45 AM Cheryl   Studio	<b>Cycle</b> 7:00-7:45AM Maria   Cycle Studio	<b>Yoga</b> 8:00 -8:45 AM Cheryl   Studio	<b>R.I.P.P.E.D</b> 9:00-10:00AM Larissa   Studio	<b>Yoga</b> 8:00 -8:45 AM Cheryl   Studio	<b>Morning Mix</b> 8:00-8:45 AM Lenore   Studio	<b>Pure Strength</b> 11:00AM-12:00PM Matthew   Studio
<b>Cycle</b> 9:00-10:00 AM Maria   Cycle Studio	<b>R.I.P.P.E.D</b> 9:00-10:00AM Larissa   Studio	<b>Total Body</b> 9:00-10:00 AM Maria   Studio	<b>NEW DAY! Aqua Fit</b> 9:00-9:45AM Gill   Pool	<b>Kickboxing</b> 9:00-9:45AM Jessica   Studio	<b>Returning! Latin Heat</b> 9:00-9:45 AM Samantha   Studio	
<b>Pure Strength</b> 9:00-10:00 AM Larissa   Studio	<b>NEW DAY! Aqua Fit</b> 9:00-9:45AM Gill   Pool	<b>Ab Blast</b> 10:15-10:45AM Maria   Studio	<b>NEW DAY! Aqua Toning</b> 10:00-10:45AM Gill   Pool	<b>Aqua Fit</b> 9:00-9:45AM Instructor Rotaton   Pool	<b>Cycle</b> 9:00-10:00 AM Maria   Cycle Studio	
<b>Ab Blast</b> 10:15-10:45AM Maria   Studio	<b>NEW DAY! Aqua Toning</b> 10:00-10:45AM Gill   Pool	<b>Silver Sneakers Boom Move &amp; Muscle</b> 12:00-1:00PM Kathy   Studio	<b>Cycle</b> 10:00-11:00AM Bill   Cycle Studio	<b>Aqua Toning</b> 10:00-10:45AM Instructor Rotation  Pool (No class 1/9 only)	<b>Yoga</b> 10:00-11:15AM Jane   Studio	
<b>Silver Sneakers Boom Move &amp; Muscle</b> 12:00-1:00PM Kathy   Studio	<b>Cycle</b> 10:00-11:00AM Bill   Cycle Studio	<b>Range Of Motion &amp; Balance</b> 1:15-2:00PM Kathy   Studio	<b>Yoga Fusion</b> 10:15-11:00 AM Jessica   Studio	<b>Beginner Tai Chi</b> 11:15AM-12:00PM Kathy   Studio		
<b>Range Of Motion &amp; Balance</b> 1:15-2:00PM Kathy   Studio	<b>Low Impact Aerobics</b> 10:15-11:00AM Maria   Studio		<b>Silver Sneakers Yoga</b> 11:15-12:00PM Cheryl   Studio			
	<b>Silver Sneakers Yoga</b> 11:15-12:00PM Cheryl   Studio					
	<b>Intermediate Tai Chi</b> 12:15-1:00PM Kathy   Studio					

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle &amp; Sculpt</b> 5:30-6:15 PM Tara   Cycle Studio	<b>Cycle</b> 5:30-6:15 PM Tara   Cycle Studio	<b>Cycle &amp; Sculpt</b> 5:30-6:15 PM Tara   Cycle Studio	<b>Cycle</b> 6:00-6:45 PM Maria   Cycle Studio		<b>Group Exercise Schedule</b> Group exercise classes are included in your hip. Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is limited.	
<b>Latin Heat</b> 6:15-7:00PM Samantha   Studio	<b>Total Body</b> 6:00- 7:00PM Maria  Studio	<b>Latin Heat</b> 6:15-7:00PM Samantha   Studio (new class format)	<b>Yoga</b> 7:00-7:45PM Maggie   Mind Body Studio			
						<b>Easton/Phillipsburg Branch Stay &amp; Play Hours:</b> Monday-Friday 8:45AM-11:AM Monday-Thursday 5:00PM-7:30PM Saturday 8:30AM-12:30PM

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
	 <p>For the most current class information please visit <a href="#">Schedules</a> or scan the QR Code.</p>			 <p>Visit us on <a href="#">Y Wellnes</a>. 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!</p>		Updated 12/23/26