

RIVER CROSSING YMCA | Fairless Hills
Group Exercise
January 5th-31st Schedule

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 6:00-6:45 AM Susan Studio 3	Spin 6:00-6:45 AM Roe Studio 3	Aqua Deep Water 8:00-8:45 AM Audrey Pool	Spin 6:00-6:45 AM Roe Studio 3	Total Body Conditioning 6:00-6:45 AM Roe Studio 1	Aqua Zumba 8:00-8:45 AM Betsy Pool	Yoga 8:00-9:00 AM Lindsay Studio 1
Aqua Deep Water 8:00-8:45 AM Audrey Pool	Aqua Aerobics 8:00-8:45 AM Carl Pool	Aqua Aerobics 9:00-9:45 AM Audrey Pool	Aqua Aerobics 8:00-8:45 AM Carl Pool	Aqua Deep Water 8:00-8:45 AM Sharon Pool	Yoga 9:15-10:00 AM Vicki Studio 2	Zumba® 9:30-10:15 AM Instructor Rotation Studio 1
Pure Strength 8:15-9:00 AM Glady Studio 1	Low Impact Aerobics 8:15-9:00 AM Roe Studio 1	Pure Strength 8:00-8:45 AM Domenica Studio 1	Barre 8:15-9:00 AM Glady Studio 1	Bootcamp 8:15-9:00 AM Glady Studio 1	Circuit 9:15-10:00 AM Betsy Studio 1	Adapted Fitness 11:00-11:45 AM Y Staff Studio 1
SilverSneakers® Circuit 9:00-9:45 AM Roe Falls Township Senior Center	Aqua Interval 9:00-9:45 AM Carl Pool	Silver Sneakers Yoga 9:00-9:45 AM Betsy Studio 1	Aqua Interval 9:00-9:45 AM Carl Pool	Aqua Aerobics 9:00-9:45 AM Sharon Pool	Zumba® 10:15-11:00 AM Jeanine Studio 1	
Aqua Aerobics 9:00-9:45 AM Audrey Pool	Interval Inferno 9:30-10:15 AM Kristin Studio 1	Spivi Spin 9:15-10:00 AM Domenica Studio 3	HIIT Revolution 9:30-10:15 AM Kristin Studio 1	Spivi Spin 9:15-10:00 AM Kristin Studio 3		
Total Body Conditioning 9:15-10:00 AM Ashley Studio 1	Zumba® 9:30-10:15 AM Lauren Studio 2	Zumba Gold® 10:00-10:45 AM Betsy Studio 1	Yoga 9:30-10:30 AM Elda Studio 2	Total Body Conditioning 9:15-10:00 AM Glady Studio 1		
Spivi Spin 9:15-10:00 AM Glady Studio 3	Glute Camp 10:30-11:15 AM Kristin Studio 1	Stronger Leaner Longer 10:15-11:00 AM Domenica Studio 2	Tai Chi/Qigong 10:30-11:30 AM Arlette Studio 1	Stronger Leaner Longer 10:15-11:00 AM Domenica Studio 2		
Gentle Yoga 9:15-10:00 AM Holly Studio 2	SilverSneakers® Splash 11:30-12:15 PM Sharon Pool	Silver Sneakers Yoga 11:00-11:45 AM Betsy Studio 1		SilverSneakers® Circuit 10:30-11:15 AM Sharon Falls Township Senior Center		
SilverSneakers® Classic 10:00-10:45 AM Roe Falls Township Senior Center	Tai Chi/Qigong 12:00-1:00 PM Arlette Studio 1			SilverSneakers® Classic 11:00-11:45 AM Glady Studio 1		
Stronger Leaner Longer 10:15-11:00 AM Kristin Studio 2						
SilverSneakers® Classic 11:00-11:45 AM Glady Studio 1					Fairless Hills Group Exercise Schedule Group exercise classes are included in your membership.	
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spartan Training 6:00-6:45 PM Jamie Studio 1	Yoga 5:30-6:30 PM Jeanine Studio 2	Zumba® 5:30-6:15 PM Leanne Studio 1	Spartan Training 6:00-6:45 PM Jamie Studio 1	Zumba® 6:00-6:45 PM Bridget Studio 1	Fairless Hills Stay & Play Hours: Monday - Saturday 8:30AM-12:30PM Monday - Thursday 4:00PM-7:30PM	
Zumba® 6:00-6:45 PM Leanne Studio 2	Zumba® 6:30-7:15 PM Bridget Studio 1	Pure Strength 6:30-7:15 PM Kymberlee Studio 1 (Heart Rate Training Class)	Kickboxing 7:00-7:45 PM Jamie Studio 1			
Kickboxing 7:00-7:45 PM Jamie Studio 1	Spivi Spin 6:30-7:15 PM Kristin Studio 3	Yoga 7:30-8:15 PM Lindsay Studio 1	Yoga 7:15-8:00 PM Vicki Studio 2			
	Stronger Leaner Longer 7:00-7:45 PM Kymberlee Studio 2					
	Aqua Zumba 7:00-7:45 PM Jeanine Pool					
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 12/23/26	