

River Crossing YMCA | Nazareth
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
Cycle 8:30-9:15 AM Mike Studio	Strength & Balance 7:30 -8:15 AM Tanya Studio	Silver Sneakers Boom Move & Muscle 7:30 -8:15 AM Cindy Studio	CLOSED	Srength & Balance 7:30 -8:15 AM Tanya Studio		Cycle 9:15- 10:15 AM Sarah Studio
Barre Fusion 9:30-10:15 AM Lindsay Studio	Aqua Tone & Stretch 9:00 -10:00 AM Lili Pool	Muscle Max 8:30-9:15 AM Kelly C Studio		Cycle & Sculpt 8:30- 9:30 AM Rose Studio		Yoga 10:15- 11:00 AM Maria Studio
	Silver Splash 10:15 -11:15 AM Lili Pool					
EVENING CLASSES						
Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27	Sunday 12/28
Cycle 6:30- 7:15 PM Hayley Studio	Pump It 6:00-6:45 PM Laura Studio	CLOSED	CLOSED			
	Zumba 7:00 - 7:45 PM Justine Studio				<u>Nazareth Group Exercise Schedule</u> Group exercise classes 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