



River Crossing YMCA | Nazareth
Group Exercise
January 5th-31st Schedule

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 8:30-9:15 AM Kelly C/Mike Studio	Strength & Balance 7:30 -8:15 AM Tanya Studio	Silver Sneakers Boom Move & Muscle 7:30-8:15 AM Cindy Studio	Returning! Silver Sneakers Classic 7:30 -8:15 AM Jennifer Studio	Silver Sneakers Classic 7:30 -8:15 AM Jennifer Studio	Muscle Max 8:30-9:30 AM Kelly K Studio (new start time)	Cycle 9:15-10:00 AM Terri/Sarah Studio
Barre Fusion 9:30-10:15 AM Lindsay Studio	HIIT 8:30-9:30 AM Kelly K Studio	Muscle Max 8:30-9:15 AM Kelly C Studio	Total Body 8:30-9:15 AM Hayley Studio	Cycle & Sculpt 8:30-9:30 AM Rose Studio		Yoga 10:15-11:00 AM Maria Studio
	Aqua Tone & Stretch 9:00- 10:00 AM Lili Pool		Aqua Tone & Stretch 9:00-10:00 AM Lili Pool			
	Silver Splash 10:15-11:15 AM Lili Pool		Silver Sneakers Circuit 10:00-10:45 AM Cindy Studio			
			Silver Splash 10:15-11:15 AM Lili Pool			
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 6:30-7:15 PM Mike/Hayley Studio	Pump It 6:00-6:45 PM Laura Studio	Cycle 6:00-6:45 PM Mike/Rose/Sarah Studio	Total Strength 6:00-6:45 PM Sarah Studio		Group Exercise Schedule Group exercise classes are included with membership. Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is limited.	
	Zumba 7:00-7:45 PM Justine Studio	Yoga 7:00-8:00 PM Maria Studio				
					Nazareth Stay & Play Hours: Monday-Friday 8:30AM-11:30AM Monday-Thursday 5:00-7:30PM Saturday 8:30AM-12:30PM	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
	 For the most current class information please visit Schedules or scan the QR Code.			 Visit us on Y Wellbeing 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!		
Updated 12/23/26						