

RIVER CROSSING YMCA | Quakertown
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
Aqua Deep Cardio 9:00-9:45 AM Michelle LP	Interval Inferno 8:15-9:00 AM Karen Aux. Gym	BodyPump™ 8:00-8:45 AM Karen Aux. Gym	CLOSED		Fit Blast VIIT 7:45-8:30 AM Karen Aux. Gym	
Aqua Zumba 12:00-12:45 AM Karen LP	Aqua Interval 9:00-0:45 AM Donna LP	Aqua Deep Cardio 9:00-9:45 AM Michelle LP			Zumba ® 9:30-10:15 AM Melanie Aux. Gym	
	BodyPump™ 9:15-10:00 AM Nicole Aux. Gym	Booty Bootcamp 9:30-10:15 AM Megan Aux. Gym Virtual Live			BodyPump™ 10:30-11:15 AM Kristen Aux. Gym	
	Cycle & Sculpt 9:45-10:30 AM Kristen Studio Y	Aqua Barre 10:00-10:45 AM Michelle LP				
	SilverSneakers® Classic 11:00-11:45 AM Kristen Aux. Gym	Stretch & Balance 11:00-11:45 AM Megan Gym Virtual Live				

EVENING CLASSES						
Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27	Sunday 12/28
Y Circuit Class 5:30-6:15 PM Jen Y Circuit Room	Interval Inferno 6:00-6:30PM Laura Aux. Gym	CLOSED	CLOSED			
Zumba ® 5:30-6:15 PM Melanie Aux. Gym	Ab Blast 6:45-7:15 PM Laura Aux. Gym				Quakertown Branch Stay & Play Hours: Monday-Saturday 9:30AM-12:30PM Monday-Thursday 4:00-7:30PM	
BodyPump™ 6:30-7:15 PM Laura Aux. Gym					Quakertown Group Exercise Schedule Group exercise classes are included in your membership.	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted
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Highlighted items indicate a change in class format or time.

Please check ymcabucks.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 12/11/25