

RIVER CROSSING YMCA | Quakertown
Group Exercise Schedule
December 2025 Modified Schedule 12/29 - 1/4

"We're here for you."

DAYTIME CLASSES						
Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4
Aqua Zumba 12:00-12:45 AM Karen LP	Interval Inferno 8:15-9:00 AM Karen Aux. Gym	BodyPump™ 8:00-8:45 AM Karen Aux. Gym		Step 8:15-9:00 AM Megan Aux. Gym	Fit Blast VIIT 7:45-8:30 AM Karen Aux. Gym	Aqua Zumba 8:00-8:45 AM Melanie LP
	Aqua Interval 9:00-0:45 AM Donna LP			Aqua Zumba 9:00-9:45 AM Karen LP	Zumba ® 9:30-10:15 AM Melanie Aux. Gym	Yoga 8:30-9:30 AM Virtual Studio Y
	BodyPump™ 9:15-10:00 AM Nicole Aux. Gym			Total Body Conditioning 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 Virtual Live			SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live		
	SilverSneakers® Classic 11:00-11:45 AM Kristen Aux. Gym					

EVENING CLASSES						
Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4
Zumba ® 5:30-6:15 PM Melanie Aux. Gym	Interval Inferno 6:00-6:30PM Laura Aux. Gym	CLOSED	CLOSED		<u>Quakertown Branch Stay & Play Hours:</u> Monday-Saturday 9:30AM-12:30PM Monday-Thursday 4:00-7:30PM	
BodyPump™ 6:30-7:15 PM Laura Aux. Gym	Ab Blast 6:45-7:15 PM Laura Aux. Gym				<u>Quakertown Group Exercise Schedule</u> Group exercise classes are included in your membership.	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted
------------------	-------------------	-------	-----------	----------	----------------

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 12/22/25