

**RIVER CROSSING YMCA | Quakertown**  
**Group Exercise**  
**February Schedule**

"We're here for you."

| DAYTIME CLASSES                                                                                                   |                                                                        |                                                                                      |                                                                                                                                                                                          |                                                                                            |                                                                                                                      |                                                                               |
|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| MONDAY                                                                                                            | TUESDAY                                                                | WEDNESDAY                                                                            | THURSDAY                                                                                                                                                                                 | FRIDAY                                                                                     | SATURDAY                                                                                                             | SUNDAY                                                                        |
| <b>Aqua Deep Cardio</b><br>9:30-10:15 AM<br>Michelle   LP                                                         | <b>New! BodyPump™</b><br>5:30-6:15 AM<br>Shea   Aux. Gym               | <b>BodyPump™</b><br>8:00-8:45 AM<br>Karen   Aux. Gym                                 | <b>New! Kettlebell</b><br>5:30-6:15 AM<br>Shea   Aux. Gym                                                                                                                                | <b>Step</b><br>8:15-9:00 AM<br>Megan   Aux. Gym                                            | <b>Fit Blast VIIT</b><br>7:45-8:30 AM<br>Karen   Aux. Gym                                                            | <b>Aqua Zumba</b><br>8:00-8:45 AM<br>Melanie   LP                             |
| <b>HIIT Revolution</b><br>9:30-10:15 AM<br>Megan   Aux. Gym<br><b>Virtual Live</b><br>(Heart Rate Training class) | <b>Interval Inferno</b><br>8:15-9:00 AM<br>Karen   Aux. Gym            | <b>Aqua Deep Cardio</b><br>9:00-9:45 AM<br>Michelle   LP                             | <b>BodyCombat™</b><br>8:15-9:00 AM<br>Karen   Aux. Gym                                                                                                                                   | <b>Aqua Zumba</b><br>9:00-9:45 AM<br>Karen   LP                                            | <b>Zumba®</b><br>9:30-10:15 AM<br>Melanie   Aux. Gym                                                                 | <b>Yoga</b><br>8:30-9:30 AM<br>Virtual   Studio Y<br>(no virtual on 2/1 only) |
| <b>Ab Blast</b><br>10:30-11:00 AM<br>Virtual   Studio Y                                                           | <b>Power Waves</b><br>9:00-9:45 AM<br>Jackie   LP                      | <b>Booty Boot Camp</b><br>9:30-10:15 AM<br>Megan   Aux. Gym<br><b>Virtual Live</b>   | <b>Aqua Interval</b><br>9:00-9:45 AM<br>Donna   LP                                                                                                                                       | <b>Total Body Conditioning</b><br>9:30-10:15 AM<br>Megan   Aux. Gym<br><b>Virtual Live</b> | <b>BodyPump™</b><br>10:30-11:15 AM<br>Kristen   Aux. Gym                                                             |                                                                               |
| <b>SilverSneakers® Circuit</b><br>11:00-11:45 AM<br>Megan   Gym<br><b>Virtual Live</b>                            | <b>BodyPump™</b><br>9:15-10:00 AM<br>Nicole/Karen   Aux. Gym           | <b>Spin</b><br>10:30-11:15 AM<br>Kristen   Studio Y                                  | <b>Zumba®</b><br>9:15-10:00 AM<br>Karen   Aux. Gym                                                                                                                                       | <b>Ab Blast</b><br>10:30-11:00 AM<br>Virtual   Studio Y                                    |                                                                                                                      |                                                                               |
| <b>Aqua Zumba</b><br>12:30-12:45 PM<br>Karen   LP                                                                 | <b>Y Circuit Class</b><br>9:30-10:15 AM<br>Courtney   Y Circuit Room   | <b>Stretch &amp; Balance</b><br>11:00-11:45 AM<br>Megan   Gym<br><b>Virtual Live</b> | <b>Y Circuit Class</b><br>10:00-10:45 AM<br>Kristen   Y Circuit Room                                                                                                                     | <b>SilverSneakers® Circuit</b><br>11:00-11:45 AM<br>Megan   Gym<br><b>Virtual Live</b>     |                                                                                                                      |                                                                               |
|                                                                                                                   | <b>Spin &amp; Sculpt</b><br>9:45-10:30 AM<br>Kristen   Studio Y        |                                                                                      | <b>BodyPump Express™</b><br>10:15-10:45 AM<br>Nicole   Aux. Gym<br>(2/5 & 2/12)<br><b>Barbell Strength</b><br>10:15-10:45 AM<br>Megan   Aux. Gym<br>(2/19 & 2/26)<br><b>Virtual Live</b> |                                                                                            |                                                                                                                      |                                                                               |
|                                                                                                                   | <b>SilverSneakers® Classic</b><br>11:00-11:45 AM<br>Kristen   Aux. Gym |                                                                                      | <b>SilverSneakers® Classic</b><br>11:00-11:45 AM<br>Kristen   Aux. Gym                                                                                                                   |                                                                                            |                                                                                                                      |                                                                               |
| EVENING CLASSES                                                                                                   |                                                                        |                                                                                      |                                                                                                                                                                                          |                                                                                            |                                                                                                                      |                                                                               |
| MONDAY                                                                                                            | TUESDAY                                                                | WEDNESDAY                                                                            | THURSDAY                                                                                                                                                                                 | FRIDAY                                                                                     | SATURDAY                                                                                                             | SUNDAY                                                                        |
| <b>Y Circuit</b><br>5:30-6:15 PM<br>Jen   Y Circuit                                                               | <b>New! Spin</b><br>5:15-6:00 PM<br>Brian   Studio Y                   | <b>BodyPump™</b><br>5:30-6:15 PM<br>Megan   Aux. Gym                                 | <b>BodyCombat™</b><br>5:30-6:15 PM<br>Karen   Aux. Gym                                                                                                                                   |                                                                                            |                                                                                                                      |                                                                               |
| <b>Zumba®</b><br>5:30-6:15 PM<br>Melanie   Aux. Gym                                                               | <b>Interval Inferno</b><br>6:00-6:30 PM<br>Laura   Aux. Gym            | <b>Zumba®</b><br>6:30-7:15 PM<br>Lisa   Aux. Gym                                     | <b>Pilates</b><br>6:30-7:15 PM<br>Karen   Aux. Gym                                                                                                                                       |                                                                                            |                                                                                                                      |                                                                               |
| <b>BodyPump™</b><br>6:30-7:15 PM<br>Laura   Aux. Gym                                                              | <b>Ab Blast</b><br>6:45-7:15 PM<br>Laura   Aux. Gym                    |                                                                                      |                                                                                                                                                                                          |                                                                                            | <b>Quakertown Group Exercise Schedule</b><br><br>Group exercise classes are included in your membership.             |                                                                               |
|                                                                                                                   | <b>Yoga</b><br>7:30-8:30 PM<br>Virtual   Studio Y                      |                                                                                      |                                                                                                                                                                                          |                                                                                            | <b>Quakertown Branch Stay &amp; Play Hours:</b><br><br>Monday-Saturday 8:30AM-12:30PM<br>Monday-Thursday 4:00-7:30PM |                                                                               |
| Cardio/Endurance                                                                                                  | Strength/Bodywork                                                      | Dance                                                                                | Mind/Body                                                                                                                                                                                | Aquatics                                                                                   | Senior/Adapted                                                                                                       | Virtual                                                                       |

Please check [ymcarivercrossing.org](http://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 1/26/26