

**River Crossing YMCA | Easton/Phillipsburg  
Group Exercise  
March Schedule**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Yoga</b> 8:00 -8:45 AM Cheryl   Studio	<b>Cycle</b> 7:00-7:45AM Maria   Cycle Studio	<b>Yoga</b> 8:00 -8:45 AM Cheryl   Studio	<b>R.I.P.P.E.D</b> 9:00-10:00AM Larissa   Studio	<b>Yoga</b> 8:00 -8:45 AM Cheryl   Studio	<b>Morning Mix</b> 8:00-8:45 AM Lenore   Studio	<b>Pure Strength</b> 11:00AM-12:00PM Matthew   Studio
<b>Cycle</b> 9:00-10:00 AM Maria   Cycle Studio	<b>R.I.P.P.E.D</b> 9:00-10:00AM Larissa   Studio	<b>Coming Soon! Aqua Tabata</b> 9:00-9:45AM   Pool	<b>Aqua Fit</b> 9:00-9:45AM Gill   Pool	<b>Kickboxing</b> 9:00-9:45AM Jessica   Studio	<b>Latin Heat</b> 9:00-9:45 AM Samantha   Studio	
<b>Pure Strength</b> 9:00-10:00 AM Larissa   Studio	<b>Aqua Fit</b> 9:00-9:45AM Gill   Pool	<b>Total Body</b> 9:00-10:00 AM Maria   Studio	<b>Aqua Toning</b> 10:00-10:45AM Gill   Pool	<b>Aqua Fit</b> 9:00-9:45AM Susan   Pool (3/6 & 3/13 only)	<b>Cycle</b> 9:00-10:00 AM Maria   Cycle Studio	
<b>Ab Blast</b> 10:15-10:45AM Maria   Studio	<b>Aqua Toning</b> 10:00-10:45AM Gill   Pool	<b>Coming Soon! Aqua Toning</b> 10:00-10:45AM   Pool	<b>Cycle</b> 10:00-11:00AM Bill   Cycle Studio	<b>Coming Soon! Aqua Toning</b> 10:00-10:45AM   Pool	<b>Yoga</b> 10:00-11:15AM Jane   Studio	
<b>Silver Sneakers Boom Move &amp; Muscle</b> 12:00-1:00PM Kathy   Studio	<b>Cycle</b> 10:00-11:00AM Bill   Cycle Studio	<b>Ab Blast</b> 10:15-10:45AM Maria   Studio	<b>Yoga Fusion</b> 10:15-11:00 AM Jessica   Studio	<b>Beginner Tai Chi</b> 11:15AM-12:00PM Kathy   Studio		
<b>Range Of Motion &amp; Balance</b> 1:15-2:00PM Kathy   Studio	<b>Low Impact Aerobics</b> 10:15-11:00AM Maria   Studio	<b>Intermediate Tai Chi</b> 11:00-11:45AM Kathy   Studio (new class time)	<b>Silver Sneakers Yoga</b> 11:15-12:00PM Cheryl   Studio			
	<b>Silver Sneakers Yoga</b> 11:15-12:00PM Cheryl   Studio	<b>Silver Sneakers Boom Move &amp; Muscle</b> 12:00-1:00PM Kathy   Studio				
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle &amp; Sculpt</b> 5:30-6:15 PM Tara   Cycle Studio	<b>Cycle</b> 5:30-6:15 PM Tara   Cycle Studio	<b>Cycle &amp; Sculpt</b> 5:30-6:15 PM Tara   Cycle Studio	<b>Cycle</b> 6:00-6:45 PM Maria   Cycle Studio		<b>Group Exercise Schedule</b> Group exercise classes are included in your tip. Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is limited.	
<b>Latin Heat</b> 6:15-7:00PM Samantha   Studio	<b>Total Body</b> 6:00- 7:00PM Maria   Studio	<b>Latin Heat</b> 6:15-7:00PM Samantha   Studio				
					<b>Easton/Phillipsburg Branch Stay &amp; Play Hours:</b> Monday-Friday 8:45AM-11:AM Monday-Thursday 5:00PM-7:30PM Saturday 8:30AM-12:30PM	
<b>Cardio/Endurance</b>	<b>Strength/Bodywork</b>	<b>Dance</b>	<b>Mind/Body</b>	<b>Aquatics</b>	<b>Senior/Adapted</b>	
		For the most current class information please visit <a href="#">Schedules</a> or scan the QR Code.			Visit us on <a href="#">Y.Wellness.24/7</a> for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!	
						Updated 2/20/26