

**River Crossing YMCA | Nazareth  
Group Exercise  
March Schedule**

"We're here for you."

**DAYTIME CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle</b> 8:30-9:15 AM Kelly C/Mike   Studio	<b>Strength &amp; Balance</b> 7:30 -8:15 AM Tanya   Studio	<b>Silver Sneakers Boom Muscle</b> 7:30-8:15 AM Cindy   Studio	<b>Silver Sneakers Classic</b> 7:30 -8:15 AM Cindy   Studio	<b>Strength &amp; Balance</b> 7:30 -8:15 AM Tanya   Studio	<b>Muscle Max</b> 8:30-9:30 AM Kelly K   Studio	<b>Cycle</b> 9:15-10:00 AM Terri   Studio
<b>Barre Fusion</b> 9:30-10:30 AM Lindsay   Studio	<b>HIIT</b> 8:30-9:30 AM Kelly K   Studio	<b>Muscle Max</b> 8:30-9:15 AM Kelly C   Studio	<b>Total Body</b> 8:30-9:15 AM Mike   Studio	<b>Cycle &amp; Sculpt</b> 8:30-9:30 AM Rose   Studio		<b>Yoga</b> 10:15-11:00 AM Maria   Studio
	<b>Pool Available for Individual Water Workout</b> 9:00- 11:15 AM Pool		<b>Pool Available for Individual Water Workout</b> 9:00- 11:15 AM Pool			
	<b>Silver Sneakers Circuit</b> 10:00-10:45 AM Cindy   Studio		<b>Silver Sneakers Circuit</b> 10:00-10:45 AM Cindy   Studio			

**EVENING CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle</b> 6:30-7:15 PM Mike/Hayley   Studio	<b>Pump It</b> 6:00-6:45 PM Laura   Studio	<b>Cycle</b> 6:00-6:45 PM Mike/Rose/Sarah   Studio	<b>Total Strength</b> 6:00-6:45 PM Terri   Studio			
		<b>Yoga</b> 7:00-8:00 PM Maria   Studio			<p><b>Group Exercise Schedule</b> Group exercise classes are included in membership. Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is limited.</p>	
					<p><b>Nazareth Stay &amp; Play Hours:</b> Monday-Friday 8:30AM-11:30AM Monday-Thursday 5:00-7:30PM Saturday 8:30AM-12:30PM</p>	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
						
		For the most current class information please visit <a href="#">Schedules</a> or scan the QR Code.			Visit us on <a href="#">Y Wellnes</a> 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!	
						Updated 2/20/26