River Crossing YMCA | Easton/Phillipsburg
Group Exercise
April Schedule

"We're here for you."

DAYTIME CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga 8:00 -8:45 AM Cheryl | Studio	**Cycle** 7:00-7:45AM Maria | Cycle Studio	**Yoga** 8:00 -8:45 AM Cheryl | Studio	**R.I.P.P.E.D** 9:00-10:00AM Larissa | Studio	**Yoga** 8:00 -8:45 AM Cheryl | Studio	**Morning Mix** 8:00-8:45 AM Lenore | Studio	**Pure Strength** 11:00AM-12:00PM Matthew | Studio
Cycle 9:00-10:00 AM Maria | Cycle Studio	**R.I.P.P.E.D** 9:00-10:00AM Larissa | Studio	**Aqua Tabata** 9:00-9:45AM Adrianne | Pool	**Aqua Fit** 9:00-9:45AM Gill | Pool	**Kickboxing** 9:00-9:45AM Jessica | Studio	**Latin Heat** 9:00-9:45 AM Samantha | Studio	
Pure Strength 9:00-10:00 AM Larissa | Studio	**Aqua Fit** 9:00-9:45AM Gill | Pool	**Total Body** 9:00-10:00 AM Maria | Studio	**Aqua Toning** 10:00-10:45AM Gill | Pool	**Aqua Tabata** 9:00-9:45AM Adrianne | Pool	**Cycle** 9:00-10:00 AM Maria | Cycle Studio	
Ab Blast 10:15-10:45AM Maria | Studio	**Aqua Toning** 10:00-10:45AM Gill | Pool	**Aqua Toning** 10:00-10:45AM Adrianne | Pool	**Cycle** 10:00-11:00AM Bill | Cycle Studio	**Aqua Toning** 10:00-10:45AM Adrianne | Pool	**Yoga** 10:00-11:15AM Jane | Studio	
Silver Sneakers Boom Move & Muscle 12:00-1:00PM Kathy | Studio	**Cycle** 10:00-11:00AM Bill | Cycle Studio	**Ab Blast** 10:15-10:45AM Maria | Studio	**Yoga Fusion** 10:15-11:00 AM Jessica | Studio	**Beginner Tai Chi** 11:15AM-12:00PM Kathy | Studio		
Range Of Motion & Balance 1:15-2:00PM Kathy | Studio	**Low Impact Aerobics** 10:15-11:00AM Maria | Studio	**Intermediate Tai Chi** 11:00-11:45AM Kathy | Studio (**new class time**)	**Silver Sneakers Yoga** 11:15-12:00PM Cheryl | Studio			
	Silver Sneakers Yoga 11:15-12:00PM Cheryl | Studio	**Silver Sneakers Boom Move & Muscle** 12:00-1:00PM Kathy | Studio				

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle & Sculpt 5:30-6:15 PM Tara | Cycle Studio	**Cycle** 5:30-6:15 PM Tara | Cycle Studio	**Cycle & Sculpt** 5:30-6:15 PM Tara | Cycle Studio	**Cycle** 6:00-6:45 PM Maria | Cycle Studio		**Group Exercise Schedule** Group exercise classes are included in your hip. Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is limited.	
Latin Heat 6:15-7:00PM Samantha | Studio	**Total Body** 6:00- 7:00PM Maria| Studio	**Latin Heat** 6:15-7:00PM Samantha | Studio				
					Easton/Phillipsburg Branch **Stay & Play Hours:** Monday & Wednesday 8:45AM-11:00AM Monday-Thursday 5:00PM-7:30PM Saturday 8:30AM-12:30PM	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted
		For the most current class information please visit Schedules or scan the QR Code.			**Visit us on Y Wellness 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!**

3/27/26