

River Crossing YMCA | Easton/Phillipsburg
Group Exercise
May 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 Adrienne 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 Adrienne 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 Adrienne Pool	Cycle 10:00-11:00AM Bill Cycle Studio	Aqua Toning 10:00-10:45AM Adrienne 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	**NEW TIME** Beginner Tai Chi 11:00AM-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	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		<p>Group Exercise Schedule 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.</p>	
Latin Heat 6:15-7:00PM Samantha Studio	Total Body 6:00- 7:00PM Maria Studio	Latin Heat 6:15-7:00PM Samantha Studio				
					<p>Easton/Phillipsburg Branch Stay & Play Hours: Monday & Wednesday 8:45AM-11:00AM Monday-Thursday 5:00PM-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 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!	
						4/28/26