

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

"We're here for you."

DAYTIME CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 8:30-9:15 AM Kelly C/Mike Studio	Strength & Balance 7:30 -8:15 AM Tanya Studio	Silver Sneakers Boom Muscle 7:30-8:15 AM Cindy Studio	Silver Sneakers Classic 7:30 -8:15 AM Cindy Studio	Strength & Balance 7:30 -8:15 AM Tanya Studio	Muscle Max 8:30-9:30 AM Kelly K Studio	Cycle 9:15-10:00 AM Sarah/Terri Studio
Barre Fusion 9:30-10:30 AM Lindsay Studio	HIIT 8:30-9:30 AM Kelly K Studio	Muscle Max 8:30-9:15 AM Kelly C Studio	Total Body 8:30-9:15 AM Hayley Studio	Cycle & Sculpt 8:30-9:30 AM Rose Studio		Yoga 10:15-11:00 AM Maria Studio
	Pool Available for Individual Water Workout 9:00- 11:15 AM Pool	**NEW! Starting 5/13** Yoga / Pilates Fusion 9:30-10:15 AM Rob Studio	Pool Available for Individual Water Workout 9:00- 11:15 AM Pool			
	Silver Sneakers Circuit 10:00-10:45 AM Cindy Studio	**NEW! Starting 5/13** Tai Chi 10:30-11:15 AM Rob Studio	Silver Sneakers Circuit 10:00-10:45 AM Cindy Studio			

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 6:30-7:15 PM Mike/Hayley Studio	Pump It 6:00-6:45 PM Laura Studio	Cycle 6:00-6:45 PM Mike/Rose/Sarah Studio	Total Body Strength 6:00-6:45 PM Sarah Studio			
		Yoga 7:00-8:00 PM Maria Studio				
					<p>Group Exercise Schedule 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>Nazareth Stay & Play Hours: 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 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!	