

RIVER CROSSING YMCA | Quakertown
Group Exercise
May Schedule

"We're here for you."

DAYTIME CLASSES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|--|---|---|
| Aqua Deep Cardio 9:30-10:15 AM Michelle LP | BodyPump™ 5:30-6:15 AM Shea Aux. Gym | BodyPump™ 8:00-8:45 AM Karen Aux. Gym | Kettlebell 5:30-6:15 AM Shea Aux. Gym | Step 8:15-9:00 AM Megan Aux. Gym | Fit Blast VIIT 7:45-8:30 AM Karen Aux. Gym | Aqua Zumba 8:00-8:45 AM Melanie LP |
| *New Time!* HIIT Revolution 9:00-9:45 AM Megan Aux. Gym Virtual Live | Interval Inferno 8:15-9:00 AM Karen Aux. Gym | Aqua Deep Cardio 9:00-9:45 AM Michelle LP | BodyCombat™ 8:15-9:00 AM Karen Aux. Gym | Aqua Zumba 9:00-9:45 AM Karen LP | Zumba® 9:30-10:15 AM Melanie Aux. Gym | Yoga 8:30-9:30 AM Virtual Studio Y |
| *NEW!* Power Flo 10:00-10:45 AM Megan Aux Gym | Power Waves 9:00-9:45 AM Jackie LP | Booty Boot Camp 9:30-10:15 AM Megan Aux. Gym Virtual Live | Aqua Interval 9:00-9:45 AM Donna LP | Total Body Conditioning 9:30-10:15 AM Megan Aux. Gym Virtual Live | BodyPump™ 10:30-11:15 AM Kristen Aux. Gym | |
| SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live | BodyPump™ 9:15-10:00 AM Nicole Aux. Gym | Aqua Barre 10:00-10:45 AM Michele LP | Zumba® 9:15-10:00 AM Karen Aux. Gym | Ab Blast 10:30-11:00 AM Virtual Studio Y | | |
| Aqua Zumba 12:00-12:45 PM Karen LP | Y Circuit Class 9:30-10:15 AM Courtney Y Circuit Room | Spin 10:30-11:15 AM Kristen Studio Y | Y Circuit Class 10:00-10:45 AM Kristen Y Circuit Room | SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live | | |
| | Spin & Sculpt 9:45-10:30 AM Kristen Studio Y | Stretch & Balance 11:00-11:45 AM Megan Gym Virtual Live | BodyPump Express™ 10:15-10:45 AM Nicole Aux. Gym | | | |
| | SilverSneakers® Classic 11:00-11:45 AM Kristen Aux. Gym | | SilverSneakers® Classic 11:00-11:45 AM Kristen Aux Gym | | | |

EVENING CLASSES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|----------|--|---------|
| Y Circuit 5:30-6:15PM Jen Y Circuit | Spin 5:15-6:00PM Brian Studio Y | BodyPump™ 5:30-6:15 PM Megan Aux. Gym | BodyCombat™ 5:30-6:15 PM Karen Aux. Gym | | | |
| Zumba® 5:30-6:15 PM Melanie Aux. Gym | Interval Inferno 6:00-6:30PM Laura Aux. Gym | Zumba® 6:30-7:15 PM Lisa Aux. Gym | Pilates 6:30-7:15 PM Karen Aux. Gym | | | |
| BodyPump™ 6:30-7:15 PM Laura Aux. Gym | Ab Blast 6:45-7:15 PM Laura Aux. Gym | | | | Quakertown Group Exercise Schedule Group exercise classes are included in your membership. | |
| | Yoga 7:30-8:30 PM Virtual Studio Y | | | | Quakertown Branch Stay & Play Hours: Monday-Saturday 8:30AM-12:30PM Monday-Thursday 4:00-7:30PM | |
| Cardio/Endurance | Strength/Bodywork | Dance | Mind/Body | Aquatics | Senior/Adapted | Virtual |

Please check ymcarivercrossing.org for updates and visit us on the Y Wellness 24/7 virtual platform for our live Virtual Group Exercise classes and hundreds of on-demand video content!



4/28/26