



**RIVER CROSSING YMCA** serving Bucks, Lehigh, Northampton and Hunterdon counties



<b>April events</b>	<b>Date</b>	<b>Time</b>	<b>Instructor</b>
Hatha Yoga	Monday, April 13	8:30 AM-9:30 AM	Sandy
Vinyasa Yoga	Monday, April 13	7-8 PM	Maggie
Gentle Yoga	Wednesday, April 15	11:30 AM-12:30 PM	Sara
Qi Gong / Tai Chi	Wednesday, April 15	1- 2 PM	Sandy
Hatha Yoga	Friday, April 17	8:30-9:30 AM	Cathy Spatz
Power-Flo	Tuesday, April 21	10- 10:45 AM	Megan M.
Meditation	Tuesday, April 21	2- 2:30 PM	Sandy
Hatha Yoga	Wednesday, April 22	8:30-9:30 AM	Sandy
Gentle Yoga	Wed, April 22	11:30 AM-12:30 PM	Sara
Vinyasa Yoga	Fri, April 24	6-7 AM	Laura
Slow Flow Yoga	Sunday, April 26	9-10 AM	Cathy
Hatha Yoga Foundations	Sunday, April 26	10:15-11:15 AM	Alex
Hatha Yoga	Monday, April 27	8:30-9:30 AM	Sandy
Qi Gong / Tai Chi	Wednesday, April 29	1-2 PM	Sandy
Vinyasa Yoga	Wednesday, April 29	7-8 PM	Eric

Gentle Yoga	Thursday, April 30	9-9:45 AM	Yuki
Vinyasa Yoga	Thursday, April 30	10-11 AM	Yuki

<b>May events</b>	<b>Date</b>	<b>Time</b>	<b>Instructor</b>
Yogalates	Saturday, May 2	10-11 AM	Deirdre
Vinyasa	Monday, May 4	7-8 PM	Maggie
Power Flo	Tuesday, May 5	10-10:45 AM	Megan M.
Meditation	Tuesday, May 5	2-2:30 PM	Sandy
Gentle Yoga	Wednesday, May 6	11:30 AM- 12:30 PM	Sara
Hatha Yoga	Thursday, May 7	5:30-6:30 PM	Sandy
Slow Flow Yoga	Sunday, May 10	9-10 AM	Cathy
Mobility & Recovery	Monday, May 11	6-6:45 PM	Kymm Phibbs
Mobility & Recovery	Wednesday, May 13	9:30-10:15 AM	Kymm Phibbs
Gentle Yoga	Wednesday, May 13	11:30 AM-12:30 PM	Sara
Hatha Yoga	Thursday, May 14	5:30-6:30 PM	Sandy
Finale Open House	Saturday, May 16	8:30-11:30 AM	
Finale Open House	Tuesday, May 19	5-7:30 PM	