

**RIVER CROSSING YMCA | Doylestown**  
**Group Exercise**  
**June 2026 Schedule**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin</b> 6:00-6:45 AM Dan   Studio 4	<b>Spivi Spin</b> 5:30-6:15 AM Bill   Studio 4	<b>Spin</b> 5:30-6:15 AM Bill   Studio 4	<b>Spin</b> 6:00-6:45 AM Kathy   Studio 4	<b>Spin</b> 6:00-6:45 AM Kathy/Bill   Studio 4	<b>Express Spin</b> 7:15-7:45 AM Kathy   Studio 4	<b>BodyPump™</b> 8:45-9:30 AM Kristen   Studio 2
<b>Gentle Aqua Aerobics</b> 8:00-8:45 AM Liz   WP	<b>BodyPump™</b> 7:00-7:45 AM Megan   Studio 2	<b>Cardio Splash</b> 8:00-8:45 AM Holly   WP	<b>Aqua Tabata</b> 6:00-7:00 AM Michele   WP	<b>Yoga</b> 6:00-7:00 AM Laura   Studio 1	<b>Spin</b> 8:00-8:45 AM Kathy   Studio 4	<b>BodyCombat™</b> 9:45-10:30 AM Nicole   Gym B 6/7 & 6/14; Studio 3 6/21 & 6/28
<b>Hatha Yoga</b> 8:30-9:30 AM Sandy   Studio 1	<b>Aqua Yoga/Ai Chi</b> 8:00-8:45 AM Sandy   WP	<b>Pilates</b> 8:00- 8:45 AM Amy   Studio 2	<b>Bootcamp</b> 6:00-6:45 AM Lisa   Studio 2	<b>Gentle Aqua Aerobics</b> 8:00-8:45 AM Liz   WP	<b>Pure Strength</b> 8:30-9:15 AM Gina   Studio 2	<b>Slow Flow Yoga</b> 9:00-10:00 AM Cathy S.   Studio 1
<b>Pilates</b> 9:00-9:45 AM Hope / Vonna   Studio 3	<b>Total Body Conditioning</b> 8:00-8:45 AM Candi   Studio 2	<b>Hatha Yoga</b> 8:30-9:30 AM Sandy   Studio 1	<b>**NEW** Total Body Conditioning</b> 7:00-7:45 AM Lisa   Studio 2	<b>BodyPump™</b> 8:30-9:15 AM Kristen   Studio 2	<b>Hatha Yoga</b> 8:15-9:15 AM Sandy   Studio 1	<b>Spin</b> 9:30-10:15 AM Robin/Chrissy   Studio 4
<b>Aquacise</b> 9:00-9:45 AM Maryann   LP	<b>HIIT Revolution</b> 9:00-9:30 AM Megan   Studio 3	<b>Aqua Tabata</b> 9:00-9:45 AM Maryann   LP	<b>**NEW** Pilates</b> 8:00-8:45 AM Dana   Studio 2	<b>Hatha Yoga</b> 8:30-9:30 AM Sandy   Studio 1	<b>BodyCombat™</b> 9:30-10:15 AM Aryana/Gina   Studio 3	<b>Hatha Yoga Foundations</b> 10:15-11:15 AM Alex   Studio 1
<b>Interval Inferno</b> 9:30-10:15 AM Nicole   Studio 2	<b>Gentle Yoga</b> 9:00-9:45 AM Yuki   Studio 1	<b>Glute Camp</b> 9:30-10:15 AM Holly   Studio 2	<b>Aqua Yoga/Ai Chi</b> 8:00-8:45 AM Sandy   WP	<b>HIIT Revolution</b> 9:30-10:15 AM Carrene   Studio 2	<b>Pilates</b> 9:30-10:15 AM Vonna   Studio 2	<b>Boot Camp</b> 9:45-10:45 AM Gina   Studio 2
<b>Aqua Aerobics</b> 10:00-11:00 AM Maryann   LP	<b>Aqua Interval</b> 9:00-9:45 AM Maryann   LP	<b>BodyCombat™</b> 9:30-10:15 AM Aryana   Studio 3	<b>Aqua Dance</b> 9:15-10:00 AM Maria   LP	<b>Pilates</b> 10:30-11:15 AM Sue   Studio 1	<b>Zumba®</b> 10:30-11:15 AM Lilit/Elena   Studio 2	<b>Zumba®</b> 11:30-12:15 PM Elena/Lilit   Studio 2
<b>Zumba Gold®</b> 10:15-11:00 AM Denise   Studio 3	<b>BodyPump™</b> 9:15-10:00 AM Carrene   Studio 2	<b>Spin</b> 10:15-11:00 AM Sue   Studio 4	<b>Gentle Yoga</b> 9:00-9:45 AM Yuki   Studio 1	<b>Zumba Gold®</b> 10:30-11:15 AM Denise   Studio 2		
<b>BodyPump™</b> 10:30-11:15 AM Kristen L   Studio 2	<b>Aqua Deep Cardio</b> 10:00-10:45 AM Maryann   LP	<b>Les Mills CORE™</b> 10:30-11:00 AM Dana   Studio 2	<b>**NEW TIME** BodyPump™</b> 9:00-9:45 AM Dana   Studio 2	<b>Aqua Arthritis</b> 11:30-12:30 PM Jill   WP		
<b>SilverSneakers® Classic</b> 11:30-12:15 PM Jo-Ann   Studio 2	<b>Vinyasa Yoga</b> 10:00-11:00 AM Yuki   Studio 1	<b>Aqua Arthritis</b> 11:30-12:30 PM Jill   WP	<b>Vinyasa Yoga</b> 10:00-11:00 AM Yuki   Studio 1	<b>SilverSneakers® Classic</b> 11:30-12:15 PM Jo-Ann & Cathy   Studio 2		
<b>Aqua Tone &amp; Stretch</b> 11:15-12:15 PM Maryann   WP	<b>LIIT</b> 11:15-12:00 PM Cathy   Studio 2	<b>Gentle Yoga</b> 11:30-12:30 PM Saralyn   Studio 1	<b>**NEW** Barbell Strength</b> 10:00-10:45 AM Kristen   Studio 2	<b>SilverSneakers® Classic</b> 12:30-1:15 PM Jo-Ann & Cathy   Studio 2		
<b>Spivi Spin</b> 12:00-12:45 PM Brian   Studio 4	<b>Stretch &amp; Balance</b> 12:15-1:00 PM Cathy   Studio 2	<b>SilverSneakers® Classic</b> 11:30-12:15 PM Jo-Ann   Studio 2	<b>LIIT</b> 11:15-12:00 PM Cathy   Studio 2	<b>Deep Water Cardio</b> 12:45-1:30 PM Jill   WP <b>**6/5 &amp; 6/12 ONLY**</b>		
<b>SilverSneakers® Classic</b> 12:30-1:15 PM Jo-Ann   Studio 2		<b>SilverSneakers® Classic</b> 12:30-1:15 PM Jo-Ann   Studio 2	<b>Stretch &amp; Balance</b> 12:15-1:00 PM Cathy   Studio 2		<b>Doylestown Group Exercise Schedule</b> Group exercise classes are included in your membership.  Registration required for Aquatic Group Exercise classes through MindBody as space is limited.	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

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**Group Exercise**  
**June Schedule**

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EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Pilates</b> 5:00-5:45 PM Vonna   Studio 2	<b>Pop Pilates</b> 5:30-6:15 PM Gina   Studio 2	<b>BodyPump™</b> 5:00-5:45 PM Kristen D   Studio 2	<b>Hatha Yoga</b> 5:30-6:30 PM Sandy   Studio 1	<b>Zumba Step®</b> 5:30-6:15 PM Gina   Studio 2	<b>Doylestown Stay &amp; Play Hours:</b> Monday - Thursday 8:30AM-2:00PM Monday - Thursday 4:00-8:00 PM Friday 8:30AM-1:00PM Saturday 8:30AM-1:00PM Sunday 9:30AM-1:00PM	
<b>Zumba + Lift®</b> 6:00-6:45 PM Gina   Studio 2	<b>Spin</b> 6:00-6:45 PM Dan   Studio 4 <b>(Heart Rate Training Class)</b>	<b>Total Body Conditioning</b> 6:00-6:45 PM Candi   Studio 2	<b>Spin</b> 6:00-6:45 PM Kathy   Studio 4			
<b>Kettlebell Flex &amp; Flow</b> 6:00-6:45 PM Lisa   Studio 3	<b>Express Zumba Step®</b> 6:30-7:00 PM Gina   Studio 2	<b>Zumba®</b> 6:00-6:45 PM Elena   Studio 3	<b>BodyCombat™</b> 6:15-7:00 PM Aryana   Studio 3		<b>Metro Esports Gaming Lounge Hours:</b> Monday - Friday 2:30PM-9:00PM Saturday & Sunday 2:00-6:00PM	
<b>Vinyasa Yoga</b> 7:00-8:00PM Maggie   Studio 1	<b>Interval Inferno</b> 6:30-7:15 PM Chrissy   Studio 3	<b>Pop Pilates</b> 7:00-7:45 PM Elena   Studio 3	<b>Zumba®</b> 7:15-8:00 PM Caitlin   Studio 2			
	<b>Zumba®</b> 7:15-8:00 PM Amber   Studio 2	<b>Vinyasa Yoga</b> 7:00-8:00 PM Eric   Studio 2				
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

Please check [ymcarivercrossing.org](http://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!



5/27/26