

RIVER CROSSING YMCA | Quakertown
Group Exercise
June 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	**NEW** Pilates 9:00-9:45 AM Karen Studio Y	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	Aqua Deep Cardio 9:00-9:45 AM Michelle LP	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	Booty Boot Camp 9:30-10:15 AM Megan Aux. Gym Virtual Live	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 **6/1 & 6/8 ONLY**	Y Circuit Class 9:30-10:15 AM Courtney Y Circuit Room	Aqua Barre 10:00-10:45 AM Michele LP **6/3 & 6/10 Only**	**NEW** Starting June 11 Cardio Splash 10:00-10:45 AM Donna LP	SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live		
	Spin & Sculpt 9:45-10:30 AM Kristen Studio Y	Spin 10:30-11:15 AM Kristen Studio Y	Y Circuit Class 10:00-10:45 AM Kristen Y Circuit Room			
	SilverSneakers® Classic 11:00-11:45 AM Kristen Aux. Gym	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			

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	**NEW Beginning 6/25** Zumba + Lift® 5:30-6:15 PM Melanie 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	**6/4, 6/11 & 6/18 ONLY** BodyCombat™ 5:30-6:15 PM Karen Aux. Gym			
BodyPump™ 6:30-7:15 PM Laura Aux. Gym	Ab Blast 6:45-7:15 PM Laura Aux. Gym		**6/4, 6/11 & 6/18 ONLY** Pilates 6:30-7:15 PM Karen 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!

