



**RIVER CROSSING YMCA | Doylestown**  
**Group Exercise Schedule**  
**September 2024 Modified Schedule 9/2 - 9/8**

"We're here for you."

EVENING CLASSES						
Monday 9/2	Tuesday 9/3	Wednesday 9/4	Thursday 9/5	Friday 9/6	Saturday 9/7	Sunday 9/8
<b>CLOSED LABOR DAY</b>	<b>Barre</b> 5:30-6:15 PM Megan L.   Studio 2	<b>Strength &amp; Sculpt</b> 6:00-6:45 PM Candi   Studio 3	<b>Hatha Yoga</b> 5:00-6:00 PM Sandy   Studio 3			
	<b>Spin</b> 6:00-6:45 PM Dan   Studio 4 ( <b>Heart Rate Training class</b> )	<b>Spin</b> 6:00-6:45 PM Dan/Susan   Studio 4	<b>Spin</b> 6:00-6:45 PM Kathy K.   Studio 4			
	<b>Express Zumba Step®</b> 6:30-7:00 PM Gina   Studio 2		<b>BodyCombat™</b> 6:15-7:00 PM Aryana   Studio 3			
	<b>Interval Interval</b> 6:30-7:15 PM Chrissy   Studio 3				<b>Doylestown Stay &amp; Play Hours:</b> <b>CLOSED 8/28 - 9/8</b>	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted
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Highlighted items indicate a change in class format or time.

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

Updated 8/22/24