

River Crossing YMCA | Easton/Phillipsburg

Group Exercise Schedule

September 2024

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga 1 8:00 -8:45 AM Cheryl Studio	Indoor Cycling 7:00-7:45AM Maria Cycle Studio *Weights Optional	Yoga 1 8:00 -8:45 AM Cheryl Studio	Indoor Cycling 7:00-7:45AM Maria Cycle Studio *Weights Optional	Yoga 1 8:00 -8:45 AM Cheryl Studio	Morning Mix 8:05-8:50 AM Lenore Studio	Zumba 10:00-10:45AM Mel Studio
Indoor Cycling 9:00-10:00 AM Maria Cycle Studio *Weights Optional	Pilates Sculpt 8:00-8:45AM Taiba Studio	Total Body 9:00-10:00 AM Maria Studio	Pilates Sculpt 8:00-8:45AM Taiba Studio	Power Hour 9:00-10:00AM Matthew Studio	Indoor Cycling 9:00-10:00 AM Maria Cycle Studio *Weights Optional	Strength & Sculpt 11:00AM-12:00PM Matthew Studio *class starts 9/15
Strength Train Together 9:00-10:00 AM Larissa Studio	R.I.P.P.E.D 9:00-10:00AM Larissa Studio	Aqua Fit 9:00-9:45AM Peggy Pool Aqua Shoes Recommended	R.I.P.P.E.D 9:00-10:00AM Larissa Studio	Defend Together 9:15-10:15AM Jessica MindBody Studio	Latin Heat 9:00-9:45AM Samantha Studio	Restorative Yoga Monthly Class 12:30 - 1:30 PM Katie Studio *1st Sunday of the month
Aqua Fit 9:00-9:45AM Peggy Pool Aqua Shoes Recommended	Aqua Fit 9:00-9:45AM Peggy Pool Aqua Shoes Recommended	Aqua Toning 9:55 - 10:30AM Peggy Pool Aqua Shoes Recommended	Aqua Fit 9:00-9:45AM Peggy Pool Aqua Shoes Recommended	Aqua Fit 9:00-9:45AM Peggy Pool Aqua Shoes Recommended	Aqua Fit 9:00-10:00AM Deirdre Pool Aqua Shoes Recommended	
Aqua Toning 9:55 - 10:30AM Peggy Pool Aqua Shoes Recommended	Aqua Toning 9:55 - 10:30AM Peggy Pool Aqua Shoes Recommended	Core & Strength 10:15-10:45AM Maria Studio	Aqua Toning 9:55 - 10:30AM Peggy Pool Aqua Shoes Recommended	Aqua Toning 9:55 - 10:30AM Peggy Pool Aqua Shoes Recommended	Yoga 1-Mixed Level 10:00-11:30AM Jane Studio	
Core & Strength 10:15-10:45AM Maria Studio	Indoor Cycling 10:00-11:00AM Bill Cycle Studio	Silver Sneakers Boom Move & Muscle 12:00-1:00PM Kathy Studio	Indoor Cycling 10:00-11:00 AM Bill Cycle Studio	Beginner/ AOA Cycling 10:00-11:00AM Bill Cycle Studio		
Silver Sneakers Boom Move & Muscle 12:00-1:00PM Kathy Studio	Silver Sneakers Yoga 11:15-12:00AM Cheryl Studio	A.O.A. Range Of Motion & Balance 1:15-2:00PM Kathy Studio	Yoga Fusion 10:15-11:00 AM Jessica Studio			
A.O.A. Range Of Motion & Balance 1:15-2:00PM Kathy Studio	Intermediate Tai Chi 12:15-1:00PM Kathy Studio		Silver Sneakers Yoga 11:15-12:00AM Cheryl Studio			
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Indoor Cycling 5:00-5:45 PM Tara Cycle Studio *Weights Optional	Indoor Cycling 5:00-5:45 PM Tara Cycle Studio *Weights Optional	Indoor Cycling 5:00-5:45 PM Tara Cycle Studio *Weights Optional	Indoor Cycling 6:00-7:00PM Maria Cycle Studio *Weights Optional			
Zumba 6:00-6:45PM Mel Studio	Total Body 6:00- 7:00PM Maria Studio	Zumba 6:00-6:45PM Mel Studio	Latin Heat 7:05-7:50PM Samantha Studio		Easton/Phillipsburg Group Exercise Schedule Group exercise classes are included in your membership. Registration required for all group exercise classes through the website or by visiting the Welcome Center as space is limited.	
	Aqua Fit 6:00-7:00PM Deirdre Pool Aqua Shoes Recommended		Immersive Sound Meditation 6:30-7:15PM Susan Studio *Monthly Class 9/19, 9/29, 10/10, 11/14, 12/12		Easton/Phillipsburg Branch Stay & Play Hours: Monday-Friday 9AM-12PM Monday-Thursday 4PM-7PM Saturday 8AM-12PM *Registration required for Stay & Play Ages 6 months - 11 years	
	Latin Heat 7:05-7:50PM Samantha Studio					
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

Highlighted items indicate a change in class format or time.

Please check gv-ymca.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!

For the most current class information please scan QR Code.



Updated 8/27/24