

RIVER CROSSING YMCA | Fairless Hills
Group Exercise Schedule
September 9th-30th 2024

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 6:00-6:45 AM Susan Studio 3	Spin 6:00-6:45 AM Roe Studio 3	Aqua Deep Water 8:00-8:45 AM Audrey Pool	Spin 6:00-6:45 AM Roe Studio 3	NEW! Total Body Conditioning 6:00-6:45 AM Roe Studio 1	Aqua Zumba 8:00-8:45 AM Betsy Pool	Yoga 8:00-9:00 AM Lindsay Studio 2
Aqua Deep Water 8:00-8:45 AM Audrey Pool	Aqua Aerobics 8:00-8:45 AM Carl Pool	Aqua Aerobics 9:00-9:45 AM Audrey Pool	Aqua Aerobics 8:00-8:45 AM Carl Pool	Aqua Deep Water 8:00-8:45 AM Audrey Pool	Spin 8:15-9:00 AM Lisa R Studio 3 (Heart Rate Training Class)	Spin 8:15-9:00 AM Brooke Studio 3
NEW! Pure Strength 8:15-9:00 AM Glady Studio 1	Low Impact Aerobics 8:15-9:00 AM Loretta Studio 1	NEW! Pure Strength 8:00-8:45 AM Domenica Studio 1	Total Body Conditioning 8:30-9:15 AM Loretta Studio 1	Bootcamp 8:15-9:00 AM Glady Studio 1 (Heart Rate Training class)	Yoga 9:15-10:00 AM Vicki Studio 2	Zumba® 9:30-10:15 AM Johana Studio 1
Aqua Aerobics 9:00-9:45 AM Audrey Pool	Aqua Interval 9:00-9:45 AM Carl Pool	Silver Sneakers Yoga 9:00-9:45 AM Betsy Studio 1	Aqua Interval 9:00-9:45 AM Carl Pool	Aqua Aerobics 9:00-9:45 AM Audrey Pool	Circuit 9:15-10:00 AM Betsy Studio 1	
SilverSneakers® Circuit 9:00-9:45 AM Roe Falls Township Senior Center	NEW! Interval Inferno 9:30-10:15 AM Lisa Studio 1	Spin 9:15-10:00 AM Domenica Studio 3	Low Impact Aerobics 9:30-10:15 AM Loretta Studio 1	Spin 9:15-9:00 AM Kristin Studio 3	Zumba® 10:15-11:00 AM Instructor Rotation Studio 1	
NEW! Total Body Conditioning 9:15-10:00 AM Lisa Studio 1	Zumba® 9:30-10:15 AM Lauren Studio 2	Zumba Gold® 10:00-10:45 AM Betsy Studio 1	Yoga 9:30-10:30 AM Elda Studio 2	NEW! Total Body Conditioning 9:15-10:00 AM Lisa Studio 1		
Spin 9:15-10:00 AM Glady Studio 3	Barre 10:30-11:15 AM Glady Studio 1	NEW! Stronger Leaner Longer 10:15-11:00 AM Domenica Studio 2	Tai Chi/Qigong 10:30-11:30 AM Arlette Studio 1	SilverSneakers® Circuit 9:30-10:15 AM Loretta Falls Township Senior Center		
Yoga 9:15-10:00 AM Lindsay Studio 2	SilverSneakers® Splash 11:30-12:15 PM Glady Pool	Silver Sneakers Yoga 11:00-11:45 AM Betsy Studio 1		NEW! Stronger Leaner Longer 10:30-11:15 AM Domenica Studio 2		
SilverSneakers® Classic 10:00-10:45 AM Roe Falls Township Senior Center	Tai Chi/Qigong 12:00-1:00 PM Arlette Studio 1			SilverSneakers® Classic 11:00-11:45 AM Glady Studio 1 (new start time)		
Pilates 10:15-11:00 AM Robin Studio 2				SilverSneakers® Classic 12:00-12:45 PM Loretta Studio 1 (new start time)		
SilverSneakers® Classic 11:00-11:45 AM Glady Studio 1 (new start time)						
Chair Yoga 12:00-12:45 PM Loretta Studio 1 (new start time)					Fairless Hills Group Exercise Schedule Group exercise classes are included in your membership.	
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Teen Athlete Academy 5:00-5:30 PM Domenica Studio 1 (starting 9/16)	Yoga 5:30-6:30 PM Jeanine Studio 2	Zumba® 5:30-6:15 PM Leanne Studio 1	Spartan Training 6:00-6:45 PM Jamie Studio 1	Zumba® 6:00-6:45 PM Bridget Studio 1	Fairless Hills Stay & Play Hours: Monday - Saturday 8:30AM-12:30PM Monday - Thursday 4:00PM-7:30PM	
Spartan Training 6:00-6:45 PM Jamie Studio 1	Zumba® 6:30-7:15 PM Bridget Studio 1	NEW! Pure Strength 6:30-7:15 PM Kymberlee Studio 1 (Heart Rate Training Class)	Kickboxing 7:00-7:45 PM Jamie Studio 1			
Zumba® 6:00-6:45 PM Leanne Studio 2	Spin 6:30-7:15 PM Lisa Studio 3	Yoga 7:30-8:15 PM Lindsay Studio 1	Yoga 7:15-8:00 PM Vicki Studio 2		Mero Esports Gaming Lounge Hours: Monday - Thursday 3:00PM-7:00PM Friday 3:00PM-8:00PM Saturday & Sunday 2:00PM-5:00PM	
Kickboxing 7:00-7:45 PM Jamie Studio 1	NEW! Stronger Leaner Longer 7:00-7:45 PM Domenica Studio 2					
	Coming Soon! Aqua Zumba 7:00-7:45 PM Jeanine Pool (starting 10/1)					

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual
<p>Highlighted items indicate a change in class format or time. Please check 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!</p>						<p>QR Code to schedules</p> 
						Updated 9/9/24

Fairless Hills Group Exercise Class Descriptions

AQUA CLASSES

AQUA AEROBICS - Low impact class designed to increase flexibility, range of motion, balance and posture in shallow and deep water.

AQUA DEEP CARDIO - Low impact class designed to improve joint stability, coordination, heart health and strength. Incorporate cardio and strength in deeper water, using water dumbbells and flotation devices.

AQUA INTERVAL - Challenges participants through timed intervals of moderate to intense exercise.

LAND CLASSES

BARRE - Uses high repetition movements and weighted isometric contractions set to music to tone and sculpt your body.

BOOTCAMP - Challenges mind and body as you alternate between high and low intensity exercises through timed intervals of free weights and plyometrics, cardio training and balance work.

CHAIR YOGA - A gentle style of yoga that is practiced in a chair or standing using the chair for support. Great for everyone, as it deepens flexibility, strengthens personal body awareness, and incorporates yoga breathing exercises.

CIRCUIT - Fast-paced circuit style class uses various equipment to increase muscular endurance and metabolism.

INTERVAL INFERNO - Strength and cardio intervals with various equipment. Designed to improve strength and cardio endurance.

KICKBOXING - Aerobic conditioning with a PUNCH and KICK!

LOW IMPACT AEROBICS - Moderate paced, lower-impact workout emphasizing cardiovascular endurance, coordination and range of motion.

PILATES - Invigorating class enhances strength, flexibility, and body awareness. Offers a balanced approach for all skill levels.

PURE STRENGTH - Emphasis on heavy lifting to build muscle through more isolated movements. A full body workout that superset muscle groups resulting in pure power.

SILVERSNEAKERS® CLASSIC - Strengthens muscles and increases range of movement for daily life activities. Uses hand-held weights, elastic tubing with handles and a SilverSneakers® ball. Often a chair is used for seated exercises or standing support.

SILVERSNEAKERS® YOGA - 45-minute class includes seated and standing poses, gentle movements, and variations on essential yoga moves. Increase flexibility, balance and range of motion. Uses a chair for balance and to accommodate different fitness levels.

SPARTAN TRAINING - Strength and cardio combined into a single workout that will leave you wanting to come back for more. Weights, resistance and other equipment are all used on interval timings to maximize your workout and results.

SPIN - Includes standing and endurance rides, hills, climbs, intervals and sprints.

STRONGER LEANER LONGER - This class combines dynamic exercises and cutting-edge techniques to help you achieve a toned, sculpted physique and boost your fitness levels.

TAI CHI - Uses a series of slow gentle movements that build both strength and flexibility along with the mental components of balance promoting awareness and good body mechanics.

TEEN ATHLETE ACADEMY | A group training program for teens designed to teach our young athletes to learn to enjoy moving and working out. This program highlights movements to improve speed, agility, strength, balance, and coordination while introducing workouts and exercises to help build healthy habits.

TOTAL BODY CONDITIONING - All-level workout combines mobility, flexibility, bodyweight strength and cardio, targeting all major muscle groups, building endurance, and leaving you feeling energized in only 45-minutes!

YOGA - Fosters body awareness and dynamic balance while improving joint stability, core strength and flexibility.

ZUMBA® - A calorie-torching, heart racing, muscle pumping fitness dance party set to energizing music. No rhythm needed!

ZUMBA GOLD® - Modified Zumba® class for active older adults that recreates the original moves you love at a lower-intensity. Introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.