

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

"We're here for you."

| DAYTIME CLASSES | | | | | | |
|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| BodyCombat™ 5:30-6:15 AM Jenna Aux. Gym | Strength & Flow 5:30-6:15 AM Steph Aux. Gym | NEW! HIIT Revolution 5:30-6:15 AM Steph Aux. Gym | NEW! Kettlebell Flex & Flow 5:30-6:15 AM Tara Aux. Gym | NEW! Interval Inferno 8:00-8:45 AM Megan Aux. Gym | Total Body Conditioning 8:00-8:45 AM Jenna Aux. Gym | NEW! HIIT Revolution 7:30-8:15 AM Steph Aux. Gym |
| Aqua Deep Cardio 9:30-10:15 AM Michelle LP | NEW! Interval Inferno 8:15-9:00 AM Karen Aux. Gym | BodyPump™ 8:00-8:45 AM Karen Aux. Gym | BodyCombat™ 8:15-9:00 AM Karen Aux. Gym | Aqua Zumba 8:45-9:30 AM Karen LP | Express Barre 9:00-9:30 AM Jenna Studio Y | Aqua Zumba 8:00-8:45 AM Melanie LP |
| NEW! HIIT Revolution 9:30-10:15 AM Megan Aux. Gym Virtual Live (Heart Rate Training) | NEW! Power Waves 9:00-9:45 AM Jackie LP | Aqua Deep Cardio 9:00-9:45 AM Michelle LP (new start time) | NEW! Power Waves 9:00-9:45 AM Jackie LP | Aqua Deep Cardio 9:30-10:15 AM Michelle LP | Zumba® 9:30-10:15 AM Melanie Aux. Gym | Yoga 8:30-9:30 AM Steph Aux. Gym |
| Ab Blast! 10:30-11:00 AM Jen Studio Y 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 | NEW! 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 | Y Circuit Class 9:30-10:15 AM Tara Y Circuit Room | NEW! Aqua Barre 10:00-10:45 AM Michelle LP | Y Circuit Class 10:00-10:45 AM Kristen Y Circuit Room | Ab Blast! 10:30-11:00 AM Jen Studio Y Virtual Live | | |
| | NEW! Ride & Burn Bootcamp 9:45-10:30 AM Kristen Studio Y Virtual Live | Spin 10:30-11:15 AM Kristen Studio Y | BodyPump Express™ 10:15-10:45 AM Nicole Aux. Gym | SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live | | |
| | NEW! Aqua Basics 10:00-10:45 AM Jackie LP | Stretch & Balance 11:00-11:45 AM Megan Gym Virtual Live | SilverSneakers® Classic 11:00-11:45 AM Kristen Gym | | | |
| | SilverSneakers® Classic 11:00-11:45 AM Kristen Aux. Gym | | | | | |

| EVENING CLASSES | | | | | | |
|------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------|----------|------------------------------------------------------------------------------------------------------------------|---------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Y Circuit Class 5:30-6:15 PM Jenna Y Circuit Room | Zumba® 5:30-6:15 PM Lisa Aux. Gym | BodyPump™ 5:30-6:15 PM Megan Aux. Gym | BodyCombat™ 5:30-6:15 PM Karen Aux. Gym | | | |
| Zumba® 5:30-6:15 PM Melanie Aux. Gym | NEW! Interval Inferno 6:30-7:00 PM Laura Aux. Gym | Y Circuit Class 6:30-7:15 PM John Y Circuit Room | Pilates 6:30-7:15 PM Karen Aux. Gym | | | |
| BodyPump™ 6:30-7:15 PM Laura Aux. Gym | Yoga 7:30-8:30 PM Rick Aux. Gym | | | | Quakertown Group Exercise Schedule Group exercise classes are included in your membership. | |
| | | | | | Quakertown Branch Stay & Play Hours: Monday-Saturday 8:30AM-12:30PM Monday-Thursday 5:00-7:30PM | |
| Cardio/Endurance | Strength/Bodywork | Dance | Mind/Body | Aquatics | Senior/Adapted | Virtual |

The Pool is closed for maintenance from 8/26 - 9/15 and will reopen on 9/16.

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!

QR Code to schedules



Updated 9/5/24

Quakertown Group Exercise Class Descriptions

AQUA CLASSES

AQUA BARRE - Innovative class merges the grace and precision of barre exercises with the resistance and support of water. Designed to enhance strength, flexibility and balance while minimizing impact on the joints.

AQUA BASICS - Back to the basics, but with fun and finesse. An aquatic class that everyone is sure to enjoy!

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 ZUMBA® - Make a splash by adding low-impact, high energy aquatic exercise to your fitness routine. Water resistance creates less impact on joints while still toning muscle.

POWER WAVES - Intense aqua workout with interval training, plyometrics and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility.

LAND CLASSES

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

BODYCOMBAT™ - High-energy, martial arts-inspired, non-contact workout. Incorporates karate, taekwondo, boxing, Muay Thai, capoeira and kung fu. No experience needed. Modifications offered for all levels.

BODYPUMP™ - Use light to moderate weights with lots of repetition for a total body workout. Build muscle endurance through THE REP EFFECT to strengthen muscles without bulk. Modifications offered for all levels.

BOOTY BOOTCAMP - Transform your backside with a high-energy class that focuses on sculpting and strengthening glutes. Targeted exercises blend bodyweight movements, resistance training, and high-intensity interval training with low intensity options. Designed for all fitness levels.

HIIT REVOLUTION - Exhilarating high intensity interval training class designed to push your limits and transform your body. Combines innovative techniques to deliver a heart pounding, results driven experience!

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

KETTLEBELL FLEX & FLOW - Dynamic fusion of strength training and fluid movement. Combines the power and versatility of kettlebell exercises with a focus on flexibility and flowing transitions to enhance both strength and mobility.

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

RIDE & BURN BOOTCAMP - Unique workout combines the best of spin and bootcamp training for fun, effective and invigorating experience.

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.

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

STRENGTH & FLOW - Total body strength and conditioning class improves strength, balance, mobility and mind body connection. Start with cardio and weight equipment. Cool down with 10-15 minutes of yoga flow fused with kettlebells and resistance bands to strengthen and tone.

STRETCH & BALANCE - Enhance flexibility, stability, and overall well-being. Integrates dynamic stretching and balance exercises to achieve greater range of motion, improved posture, and a more centered sense of self.

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!

Y CIRCUIT CLASS - Held in our Y Circuit room this dynamic workout uses the strength machines and intervals of cardio segments to combine strength, cardio, and functional exercises.

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!