

RIVER CROSSING YMCA | Doylestown
Group Exercise Schedule
October 2024

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 6:00-6:45 AM Dan Studio 4	NEW! Spivi Spin 5:30-6:15 AM Bill Studio 4	Spin 5:30-6:15 AM Bill Studio 4	Spin 6:00-6:45 AM Kathy Studio 4	Express Spin 6:00-6:30 AM Kathy/Bill Studio 4	Express Spin 7:15-7:45 AM Kathy Studio 4	BodyPump™ 8:45-9:30 AM Kristen Studio 2
Gentle Aqua Aerobics 8:00-8:45 AM Liz WP	New! Aqua Tabata 6:00-7:00 AM Beth WP	Cardio Splash 8:00-8:45 AM Holly WP	Aqua Tabata 6:00-7:00 AM Michele WP	Yoga 6:00-7:00 AM Laura S. Studio 1	Spin 8:00-8:45 AM Kathy Studio 4	Slow Flow Yoga 9:00-10:00 AM Cathy S. Studio 1
Hatha Yoga 8:30-9:30 AM Sandy Studio 1	BodyPump™ 7:00-8:45 AM Megan Studio 2	Pilates 8:00-8:45 AM Amy Studio 2	BodyPump™ 7:00-7:45 AM Megan Studio 2	Aqua Zumba 8:30-8:45 AM Gina WP	Pure Strength 8:30-9:15 AM Michele Studio 2	Spin 9:30-10:15 AM Robin Studio 4
Pilates 9:00-9:45 AM Tara Studio 3	Aqua Yoga/Ai Chi 8:00-9:45 AM Sandy WP	Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Aqua Yoga/Ai Chi 8:00-9:45 AM Sandy WP	BodyPump™ 8:30-9:15 AM Kristen Studio 2	Hatha Yoga 8:15-9:15 AM Sandy Studio 1	BodyCombat™ 9:45-10:30 AM Nicole Studio 2
Aquacise 9:00-9:45 AM Maryann LP	Total Body Conditioning 8:00-8:45 AM Candi Studio 2	Aqua Tabata 9:00-9:45 AM Holly LP	Aqua Dance 9:00-9:45 AM Maria LP	Hatha Yoga 9:30-9:30 AM Sandy Studio 1	BodyCombat™ 9:30-10:15 AM Gina/Aryana Studio 3	Qigong 10:15-11:00 AM Dot Studio 1
Interval Inferno 9:30-10:15 AM Nicole Studio 2	Qigong 9:00-9:45 AM Dot Studio 1	Glute Camp Express 9:30-10:00 AM Jen Studio 2	Gentle Yoga 9:00-9:45 AM Yuki Studio 1	HIIT Revolution 9:30-10:15 AM Carrene Studio 2	Pilates 9:30-10:15 AM Vonna Studio 2	Les Mills CORE™ 10:45-11:15 AM Nicole S. Studio 2
Aqua Aerobics 10:00-11:00 AM Maryann LP	Aqua Interval 9:00-9:45 AM Maryann LP	BodyCombat™ 9:30-10:15 AM Aryana Studio 3	BodyPump™ 9:15-10:00 AM Dana Studio 2	NEW! Aqua Tabata 10:30-11:15 AM Beth LP	Zumba® 10:30-11:15 AM Lilit/Elena Studio 2 (Workout For Pink 10:30-12pm 10/19)	Zumba® 11:30-12:15 PM Elena/Lilit Studio 2
Zumba Gold® 10:15-11:00 AM Denise Studio 3	BodyPump™ 9:15-10:00 AM Carrene Studio 2	Aqua Zumba 10:00-11:00 AM Gina LP	Vinyasa Yoga 10:00-11:00 AM Yuki Studio 1	Express Spin 10:15-10:45 AM Megan Studio 4		
BodyPump™ 10:30-11:15 AM Kristen L Studio 2	Aqua Deep Cardio 10:00-10:45 AM Maryann LP	Zumba® 10:15-11:00 AM Lilit Studio 2	Pure Strength Express 10:15-10:45 AM Kristen Studio 2	Pilates 10:30-11:15 AM Sue Studio 1		
SilverSneakers® Classic 11:30-12:15 PM Jo-Ann Studio 2	Vinyasa Yoga 10:00-11:00 AM i Studio 1	Spin 10:15-11:00 AM Sue Studio 4	LIIT 11:15-12:00 PM Cathy M. Studio 2	Zumba Gold® 10:30-11:15 AM Denise Studio 2		
Aqua Tone & Stretch 11:15-12:15 PM Maryann WP	HIIT Revolution Express 10:15-10:45 AM Carrene Studio 2	Les Mills CORE™ 10:30-11:00 AM Dana Studio 3	Coming Soon! Express Spin 12:00-12:30 PM Studio 4	SilverSneakers® Classic 11:30-12:15 PM Cathy/JoAnn Studio 2		
SilverSneakers® Classic 12:30-1:15 PM Jo-Ann Studio 2	LIIT 11:15-12:00 PM Cathy M. Studio 2	Aqua Tone & Stretch 11:15-12:15 PM Maryann WP	Stretch & Balance 12:15-1:00 PM Cathy M. Studio 2	SilverSneakers® Classic 12:30-1:15 PM Cathy/JoAnn Studio 2		
NEW! Express Spivi Spin 12:00-12:30 PM Jen Studio 4	Stretch & Balance 12:15-1:00 PM Cathy M. Studio 2	Gentle Yoga 11:30-12:30 PM Saralyn Studio 1			<p>Doylestown Group Exercise Schedule</p> <p>Group exercise classes are included in your membership.</p> <p>Registration required for Aquatic Group Exercise classes through MindBody as space is limited.</p>	
		Meditation 12:45-1:15 PM Saralyn Studio 1				
		SilverSneakers® Classic 11:30-12:15 PM Jo-Ann Studio 2				
		HIIT 12:00-12:45 PM Virtual Studio 3				
		SilverSneakers® Classic 12:30-1:15 PM Jo-Ann Studio 2				
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

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EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates 5:00-5:45 PM Vonna Studio 2	Barre 5:30-6:15 PM Megan Studio 2	BodyPump™ 5:00-5:45 PM Laurie Studio 2	Hatha Yoga 5:30-6:30 PM Sandy Studio 1	Zumba Step® 5:30-6:15 PM Gina Studio 2	Doylestown Stay & Play Hours: Monday - Thursday 8:30AM-1:00PM Monday - Thursday 4:00-8:00 PM Friday 8:30AM-1:00PM Saturday 8:00AM-1:00PM Sunday 9:30AM-1:00PM	
Zumba® 6:00-6:45 PM Gina Studio 2	Spin 6:00-6:45 PM Dan Studio 4 (Heart Rate Training Class)	Total Body Conditioning 6:00-6:45 PM Candi Studio 3	Spin 6:00-6:45 PM Kathy Studio 4			
Kettlebell Flex & Flow 6:00-6:45 PM Chrissy Studio 3	Express Zumba Step® 6:30-7:00 PM Gina Studio 2	Zumba® 6:00-6:45 PM Elena Studio 2	BodyCombat™ 6:15-7:00 PM Aryana Studio 3		Metro Esports Gaming Lounge Hours: Monday - Friday 2:30PM-9:00PM Saturday & Sunday 2:00-6:00PM	
BodyCombat™ 7:00-7:45 PM Gina Studio 2	Interval Inferno 6:30-7:15 PM Chrissy Studio 3	Spin 6:00-6:45 PM Dan/Susan Studio 4	Zumba® 7:15-8:00 PM Caitlin Studio 2			
Vinyasa Yoga 7:00-8:00PM Maggie Studio 1	Zumba® 7:15-8:00 PM Amber Studio 2	Vinyasa Yoga 7:00-8:00 PM Eric Studio 2				
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

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 9/27/24

Doylestown Group Exercise Class Descriptions

AQUA CLASSES

AQUA AI CHI - Deep breathing, relaxation and slow broad movements inspired by Tai Chi and Qigong. Intended to improve balance, increase strength, decrease pain, and improve body-mind connection.

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

AQUACISE - All over, cardio, toning & muscle conditioning class. Incorporates stretching and range of motion movements. Suitable for all ages and fitness levels.

AQUA DANCE - Dive into the rhythm and joy of movement with the benefits of water resistance.

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 FIT - Use the resistance of water to improve strength, flexibility and cardiovascular endurance.

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

AQUA TABATA - Fast-paced class that will get your heart pumping using a series of 4 minute exercise sequences alternating between short bouts of intensity and rest.

AQUA TONE & STRETCH - Increase muscle definition, burn calories, and improve flexibility. Leave feeling refreshed, stretched and energized.

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.

CARDIO SPLASH - Use the resistance of the water to improve cardiovascular fitness, endurance 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.

CXWORX™ (CORE) - CXWORX is a results program with quick gains that make you stronger and leaner with 30 minutes of core strengthening exercises that challenge all levels of individuals, from beginners to even the most conditioned athlete. This class improves your functional strength while toning and tightening your abdominals, glutes and posterior chain. Mat, resistance band and free weights are utilized during most classes. Modifications offered for all levels.

GENTLE YOGA - Restful, calming class includes breathing, gentle flowing movement, passive and supported poses. A perfect beginning yoga class that is also appropriate for those working with injury, limited mobility, or who prefer a softer, gentler approach to yoga.

GLUTE CAMP - Targeted exercises that enhance the shape and strength of your glutes, while also incorporating elements to improve overall leg strength and stability.

HATHA YOGA - Focuses on a variety of traditional yoga poses, standing and seated. Increase strength, flexibility and posture.

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.

LIIT - Less intense than a HIIT workout but still provides all the benefits. Build endurance and strengthens the body with low impact interval sequences combined with body weight training exercises.

MEDITATION - Meditation on the focus of breath awareness and body sensations to establish practice within the first foundation of Mindfulness

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.

QIGONG - Combines slow rhythmic movements, meditation and controlled breathing exercises.

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.

SPIVI SPIN | interactive indoor cycling experiences that use digital scenery, personal avatars, and real-time performance data to simulate outdoor riding

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!

VINYASA YOGA - Synchronize the breath with a progressive series of postures produces internal heat and a purifying sweat that detoxifies. Improve your circulation, flexibility, strength, and calm your mind. More challenging practice form and alignment emphasized.

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.

ZUMBA STEP® - Combine the toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Increases cardio and calorie burning, while adding moves that define and sculpt your core and legs.