

**River Crossing YMCA | Nazareth  
Group Exercise Schedule October 2024**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Soul Fusion</b> 7:15- 8:15 AM Lindsay S.   Studio	<b>AOA Fitness</b> 7:30 -8:15 AM Susan   Studio	<b>AOA Fitness</b> 7:30 -8:15 AM Susan   Studio	<b>AOA Fitness</b> 7:30 -8:15 AM Susan   Studio	<b>AOA Fitness</b> 7:30 -8:15 AM Susan   Studio	<b>Muscle Max</b> 8:00-9:00 AM Kelly K   Studio	
<b>Indoor Cycling</b> 8:30- 9:15 AM Variety Instructor   Studio	<b>Aqua Blast</b> 8:00- 8:45 AM 1st, 3rd, 5th Week Lili   Pool	<b>Muscle Max</b> 8:30-9:15 AM Kelly C   Studio	<b>Aqua Blast</b> 8:00- 8:45 AM 1st, 3rd, 5th Week Lili   Pool	<b>Spinnervals</b> 8:30 - 9:30 AM Rose   Studio	<b>Indoor Cycling</b> 9:15 - 10:00 AM Rose/Terri   Studio	
<b>Aqua Blast</b> 9:00- 9:45 AM 1st, 3rd, 5th Week Lili   Pool	<b>HIIT</b> 8:30-9:30 AM Kelly K   Studio	<b>Aqua Blast</b> 9:00- 9:45 AM 1st, 3rd, 5th Week Lili   Pool	<b>Total Body</b> 8:30-9:15am Hayley  Studio	<b>Silver Splash</b> 9:00- 9:45 AM Trish  Pool	<b>Zumba®</b> 10:15-11:00 AM Justine  Studio	
<b>ReFit®</b> 9:30- 10:15 AM Cynthia   Studio	<b>Aqua Fitness</b> 9:00- 9:45 AM 1st, 3rd, 5th Week Lili   Pool	<b>Yoga</b> 9:30 - 10:15am Isabelle   Studio	<b>Aqua Fitness</b> 9:00- 9:45 AM 1st, 3rd, 5th Week Lili   Pool	<b>AOA Yoga</b> (Not Chair Yoga) 9:45 - 10:30 AM Mel   Studio		
<b>Silver Splash</b> 10:00- 10:45 AM 1st, 3rd, 5th Week Lili   Pool	<b>Silver Sneakers Circuit</b> 10:00-10:45 AM Susan   Studio	<b>Silver Splash</b> 10:00- 10:45 AM 1st, 3rd, 5th Week Lili   Pool	<b>Silver Sneakers Classic</b> 10:00 - 10:45 AM Susan   Studio	<b>*NEW* Meditation for Stress</b> <b>Starts 10/11</b> 10:45 - 11:30 AM Mel   Studio		
<b>Intro to Tai Chi</b> 10:30 - 11:15 AM Isabelle   Studio	<b>Stretch &amp; Flex</b> 11:00-12:00 AM Susan   Studio	<b>Tai Chi</b> 10:30 - 11:15 AM Isabelle   Studio	<b>Stretch &amp; Flex</b> 11:00-12:00 AM Susan   Studio			
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Core Focus Together</b> 5:30 - 6:15 PM Deb C   Studio	<b>Indoor Cycling</b> 5:15 - 5:45 pm Rose   Studio	<b>Zumba®</b> 5:00 -5:45 PM Justine  Studio				
<b>Indoor Cycling</b> 6:30- 7:15 PM Mike/Hayley   Studio	<b>Pump It</b> 6:00 - 6:45 PM Laura   Studio	<b>Indoor Cycling</b> 6:00 - 6:45 PM Variety Instructor   Studio	<b>Fitness Sampler</b> 6:00 - 6:45 PM Sarah L   Studio			
		<b>Core Cardio Yoga</b> 7:00 - 8:00 PM Katie   Studio				
					<p><b>Nazareth Group Exercise Schedule</b></p> <p>Group exercise classes are included in your membership. Registration required for all group exercise classes through the website or by visiting the Welcome Center</p> <p><b>Nazareth Branch Stay &amp; Play Hours:</b></p> <p><b>Monday-Friday: 8:30AM-11:00AM</b> <b>Monday-Thursday: 5:00-7:30PM</b> <b>Saturday: 9:00AM-11:00AM</b></p>	
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.org](http://gv-ymca.org.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 9/25/24

