

RIVER CROSSING YMCA | Quakertown
Group Exercise Schedule
October 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	HIIT Revolution 5:30-6:15 AM Steph Aux. Gym	Kettlebell Flex & Flow 5:30-6:15 AM Tara Aux. Gym	NEW! Step 8:00-8:45 AM Megan Aux. Gym	Total Body Conditioning 8:00-8:45 AM Jenna Aux. Gym	HIIT Revolution 7:30-8:15 AM Steph Aux. Gym
Aqua Deep Cardio 9:30-10:15 AM Michelle LP	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
HIIT Revolution 9:30-10:15 AM Megan Aux. Gym Virtual Live (Heart Rate Training class)	Power Waves 9:00-9:45 AM Jackie LP	Aqua Deep Cardio 9:00-9:45 AM Michelle LP	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 (Workout For Pink 9:30-11am 10/19)	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	Total Body Conditioning 9:30-10:15 AM Megan Aux. Gym Virtual Live	BodyPump™ 10:30-11:15 AM Kristen Aux. Gym (No class 10/19 only)	
SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live	Y Circuit Class 9:30-10:15 AM Tara Y Circuit Room	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		
	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	Interval Inferno 6:00-6:30PM Laura 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! Ab Blast! 6:45-7:15 PM Laura Aux. Gym	NEW! Zumba® 6:30-7:15 PM Lisa Aux. Gym	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	Y Circuit Class 6:30-7:15 PM John Y Circuit Room			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		

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

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!