

**RIVER CROSSING YMCA | Fairless Hills**  
**Group Exercise Schedule**  
**November 2024**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin</b> 6:00-6:45 AM Susan   Studio 3	<b>Spin</b> 6:00-6:45 AM Roe   Studio 3	<b>Aqua Deep Water</b> 8:00-8:45 AM Audrey   Pool	<b>Spin</b> 6:00-6:45 AM Roe   Studio 3	<b>Total Body Conditioning</b> 6:00-6:45 AM Roe   Studio 1	<b>Aqua Zumba</b> 8:00-8:45 AM Betsy   Pool	<b>Yoga</b> 8:00-9:00 AM Lindsay   Studio 2
<b>Aqua Deep Water</b> 8:00-8:45 AM Audrey   Pool	<b>Aqua Aerobics</b> 8:00-8:45 AM Carl   Pool	<b>Aqua Aerobics</b> 9:00-9:45 AM Audrey   Pool	<b>Aqua Aerobics</b> 8:00-8:45 AM Carl   Pool	<b>Aqua Deep Water</b> 8:00-8:45 AM Audrey   Pool	<b>Spivi Spin</b> 8:15-9:00 AM Lisa R   Studio 3 (Heart Rate Training Class)	<b>Express Spin</b> 8:15-8:45 AM Brooke   Studio 3 (HIIT with Betsy Studio 2 11/3 only)
<b>Pure Strength</b> 8:15-9:00 AM Glady   Studio 1	<b>Low Impact Aerobics</b> 8:15-9:00 AM Loretta   Studio 1	<b>Pure Strength</b> 8:00-8:45 AM Domenica   Studio 1	<b>Low Impact Aerobics</b> 8:30-9:15 AM Loretta   Studio 1	<b>Bootcamp</b> 8:15-9:00 AM Glady   Studio 1 (Heart Rate Training class/Turkey Burn Bootcamp in Gym 11/29 only)	<b>Yoga</b> 9:15-10:00 AM Vicki   Studio 2	<b>Zumba®</b> 9:30-10:15 AM Johana   Studio 1
<b>Aqua Aerobics</b> 9:00-9:45 AM Audrey   Pool	<b>Aqua Interval</b> 9:00-9:45 AM Carl   Pool	<b>Silver Sneakers Yoga</b> 9:00-9:45 AM Betsy   Studio 1	<b>Aqua Interval</b> 9:00-9:45 AM Carl   Pool	<b>Aqua Aerobics</b> 9:00-9:45 AM Audrey   Pool	<b>Circuit</b> 9:15-10:00 AM Betsy   Studio 1	
<b>SilverSneakers® Circuit</b> 9:00-9:45 AM Roe   Falls Township Senior Center	<b>Interval Inferno</b> 9:30-10:15 AM Lisa   Studio 1	<b>Spivi Spin</b> 9:15-10:00 AM Domenica   Studio 3	<b>HIIT Revolution</b> 9:30-10:15 AM Kristin   Studio 1	<b>Spivi Spin</b> 9:15-10:00 AM Kristin   Studio 3	<b>Zumba®</b> 10:15-11:00 AM Instructor Rotation   Studio 1	
<b>Total Body Conditioning</b> 9:15-10:00 AM Lisa   Studio 1	<b>Zumba®</b> 9:30-10:15 AM Lauren   Studio 2	<b>Zumba Gold®</b> 10:00-10:45 AM Betsy   Studio 1	<b>Yoga</b> 9:30-10:30 AM Elda   Studio 2	<b>Total Body Conditioning</b> 9:15-10:00 AM Lisa   Studio 1		
<b>Spivi Spin</b> 9:15-10:00 AM Glady   Studio 3	<b>Barre</b> 10:30-11:15 AM Glady   Studio 1	<b>Stronger Leaner Longer</b> 10:15-11:00 AM Domenica   Studio 2	<b>Tai Chi/Qigong</b> 10:30-11:30 AM Arlette   Studio 1	<b>SilverSneakers® Circuit</b> 9:30-10:15 AM Loretta   Falls Township Senior Center		
<b>Yoga</b> 9:15-10:00 AM Lindsay   Studio 2	<b>SilverSneakers® Splash</b> 11:30-12:15 PM Glady   Pool	<b>Silver Sneakers Yoga</b> 11:00-11:45 AM Betsy   Studio 1		<b>Stronger Leaner Longer</b> 10:30-11:15 AM Domenica   Studio 2		
<b>SilverSneakers® Classic</b> 10:00-10:45 AM Roe   Falls Township Senior Center	<b>Tai Chi/Qigong</b> 12:00-1:00 PM Arlette   Studio 1			<b>SilverSneakers® Classic</b> 11:00-11:45 AM Glady   Studio 1		
<b>Pilates</b> 10:15-11:00 AM Robin   Studio 2				<b>SilverSneakers® Classic</b> 12:00-12:45 PM Loretta   Studio 1		
<b>SilverSneakers® Classic</b> 11:00-11:45 AM Glady   Studio 1						
<b>Chair Yoga</b> 12:00-12:45 PM Loretta   Studio 1						
<b>Fairless Hills Group Exercise Schedule</b>						
Group exercise classes are included in your membership.						

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Teen Athlete Academy</b> 5:00-5:30 PM Domenica   Studio 1	<b>Yoga</b> 5:30-6:30 PM Jeanine   Studio 2	<b>Zumba®</b> 5:30-6:15 PM Leanne   Studio 1	<b>Spartan Training</b> 6:00-6:45 PM Jamie   Studio 1	<b>Zumba®</b> 6:00-6:45 PM Bridget   Studio 1	<b>Fairless Hills Stay &amp; Play Hours:</b> Monday - Saturday 8:30AM-12:30PM Monday - Thursday 4:00PM-7:30PM  <b>Mero Esports Gaming Lounge Hours:</b> Monday - Thursday 3:00PM-7:00PM Friday 3:00PM-8:00PM Saturday & Sunday 2:00PM-5:00PM	
<b>Spartan Training</b> 6:00-6:45 PM Jamie   Studio 1	<b>Zumba®</b> 6:30-7:15 PM Bridget   Studio 1	<b>Pure Strength</b> 6:30-7:15 PM Kymberlee   Studio 1 (Heart Rate Training Class)	<b>Kickboxing</b> 7:00-7:45 PM Jamie   Studio 1			
<b>Zumba®</b> 6:00-6:45 PM Leanne   Studio 2	<b>Spivi Spin</b> 6:30-7:15 PM Lisa   Studio 3	<b>Yoga</b> 7:30-8:15 PM Lindsay   Studio 1	<b>Yoga</b> 7:15-8:00 PM Vicki   Studio 2			
<b>Kickboxing</b> 7:00-7:45 PM Jamie   Studio 1	<b>Stronger Leaner Longer</b> 7:00-7:45 PM Domenica   Studio 2					
	<b>Aqua Zumba</b> 7:00-7:45 PM Jeanine   Pool					
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](http://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 10/28/24