

RIVER CROSSING YMCA | Quakertown
Group Exercise Schedule
November 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	Step 8:00-8:45 AM Megan Aux. Gym (No class 11/29 only)	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™ 8:00-9:45 AM Karen Aux. Gym	Aqua Zumba 9:00-9:45 AM Karen LP new start time)	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	Total Body Conditioning 9:30-10:15 AM Megan Aux. Gym Virtual Live (Turkey Burn Bootcamp 9:30-10:30am with Jenna 11/29 only)	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	Ab Blast! 10:30-11:00 AM Jen Studio Y Virtual Live (No class 11/29 only)	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	Aqua Barre 10:00-10:45 AM Michelle LP	Y Circuit Class 10:00-10:45 AM Kristen Y Circuit Room	SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live (No class 11/29 only)		
	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			
	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	Ab Blast! 6:45-7:15 PM Laura Aux. Gym	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				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

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 11/19/24