

# River Crossing YMCA | Easton/Phillipsburg

## Group Exercise Schedule

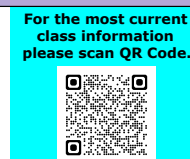
### November 2024

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Yoga 1</b> 8:00 -8:45 AM Cheryl   Studio	<b>Indoor Cycling</b> 7:00-7:45AM Maria   Cycle Studio <i>*Weights Optional</i>	<b>Yoga 1</b> 8:00 -8:45 AM Cheryl   Studio	<b>Indoor Cycling</b> 7:00-7:45AM Maria   Cycle Studio <i>*Weights Optional</i>	<b>Yoga 1</b> 8:00 -8:45 AM Cheryl   Studio	<b>Morning Mix</b> 8:05-8:50 AM Lenore   Studio	<b>Zumba®</b> 10:00-10:45AM Mel   Studio
<b>Indoor Cycling</b> 9:00-10:00 AM Maria   Cycle Studio <i>*Weights Optional</i>	<b>Pilates Sculpt</b> 8:00-8:45AM Taiba   Studio	<b>Total Body</b> 9:00-10:00 AM Maria   Studio	<b>Pilates Sculpt</b> 8:00-8:45AM Taiba   Studio	<b>Power Hour</b> 9:00-10:00AM Matthew   Studio	<b>Indoor Cycling</b> 9:00-10:00 AM Maria   Cycle Studio <i>*Weights Optional</i>	<b>Pure Strength</b> 11:00AM-12:00PM Matthew   Studio <i>*class starts 9/15</i>
<b>Pure Strength</b> 9:00-10:00 AM Larissa   Studio	<b>R.I.P.P.E.D</b> 9:00-9:45AM Larissa   Studio	<b>Aqua Fit</b> 9:00-9:45AM Peggy   Pool <i>Aqua Shoes Recommended</i>	<b>R.I.P.P.E.D</b> 9:00-10:00AM Larissa   Studio	<b>Kickboxing</b> 9:00-10:00AM Jessica   MindBody Studio <i>Gloves Recommended</i>	<b>Latin Heat</b> 9:00-9:45AM Samantha   Studio	<b>Restorative Yoga</b> <i>Monthly Class</i> 12:30 - 1:30 PM Katie   Studio <i>*1st Sunday of the month</i>
<b>Aqua Fit</b> 9:00-9:45AM Peggy   Pool <i>Aqua Shoes Recommended</i>	<b>Aqua Fit</b> 9:00-9:45AM Peggy   Pool <i>Aqua Shoes Recommended</i>	<b>Aqua Toning</b> 9:55 - 10:30AM Peggy   Pool <i>Aqua Shoes Recommended</i>	<b>Aqua Fit</b> 9:00-9:45AM Peggy   Pool <i>Aqua Shoes Recommended</i>	<b>Aqua Fit</b> 9:00-9:45AM Peggy   Pool <i>Aqua Shoes Recommended</i>	<b>Aqua Fit</b> 9:00-10:00AM Deirdre   Pool <i>Aqua Shoes Recommended</i>	
<b>Aqua Toning</b> 9:55 - 10:30AM Peggy   Pool <i>Aqua Shoes Recommended</i>	<b>Aqua Toning</b> 9:55 - 10:30AM Peggy   Pool <i>Aqua Shoes Recommended</i>	<b>Core &amp; Strength</b> 10:15-10:45AM Maria   Studio	<b>Aqua Toning</b> 9:55 - 10:30AM Peggy   Pool <i>Aqua Shoes Recommended</i>	<b>Aqua Toning</b> 9:55 - 10:30AM Peggy   Pool <i>Aqua Shoes Recommended</i>	<b>Yoga 1-Mixed Level</b> 10:00-11:30AM Jane   Studio	
<b>Core &amp; Strength</b> 10:15-10:45AM Maria   Studio	<b>Indoor Cycling</b> 10:00-11:00AM Bill   Cycle Studio	<b>Silver Sneakers Boom Move &amp; Muscle</b> 12:00-1:00PM Kathy   Studio	<b>Yoga Fusion</b> 10:15-11:00 AM Jessica   Studio	<b>Beginner/ AOA Cycling</b> 10:00-11:00AM Bill   Cycle Studio		
<b>Silver Sneakers Boom Move &amp; Muscle</b> 12:00-1:00PM Kathy   Studio	<b>Silver Sneakers Yoga</b> 11:15-12:00AM Cheryl   Studio	<b>A.O.A. Range Of Motion &amp; Balance</b> 1:15-2:00PM Kathy   Studio	<b>Silver Sneakers Yoga</b> 11:15-12:00AM Cheryl   Studio	<b>Beginner Tai Chi</b> 11:00AM-11:45AM Kathy   Studio		
<b>A.O.A. Range Of Motion &amp; Balance</b> 1:15-2:00PM Kathy   Studio	<b>Intermediate Tai Chi</b> 12:15-1:00PM Kathy   Studio					
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Indoor Cycling</b> 5:30-6:15 PM Tara   Cycle Studio <i>*Weights Optional</i>	<b>Indoor Cycling</b> 5:30-6:15 PM Tara   Cycle Studio <i>*Weights Optional</i>	<b>Indoor Cycling</b> 5:30-6:15 PM Tara   Cycle Studio <i>*Weights Optional</i>	<b>Indoor Cycling</b> 6:00-7:00PM Maria   Cycle Studio <i>*Weights Optional</i>			
<b>Zumba®</b> 6:00-6:45PM Mel   Studio	<b>Total Body</b> 6:00- 7:00PM Maria   Studio	<b>Zumba®</b> 6:00-6:45PM Mel   Studio	<b>Latin Heat</b> 6:00-6:45PM Samantha   Studio		<b>Easton/Phillipsburg Group Exercise Schedule</b> Classes are included in your membership. Registration required for all group exercise classes through the website or by visiting the Welcome Center as space is limited.	
			<b>Immersive Sound Meditation</b> 6:30-7:15PM Susan   Studio <i>*Monthly Class 11/14, 12/12</i>		<b>Easton/Phillipsburg Branch</b> <b>Stay &amp; Play Hours:</b> Monday-Friday 9AM-12PM Monday-Thursday 4PM-7PM Saturday 8AM-12PM <i>*Registration required for Stay &amp; Play Ages 6 months - 11 years</i>	
<b>Cardio/Endurance</b>	<b>Strength/Bodywork</b>	<b>Dance</b>	<b>Mind/Body</b>	<b>Aquatics</b>	<b>Senior/Adapted</b>	

Highlighted items indicate a change in class format or time.

Please check [ymcarivercrossing.org/schedules](http://ymcarivercrossing.org/schedules) 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 10/31/24