

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

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
I Fusion 7:15- 8:15 AM Lindsay S. Studio	AOA Fitness 7:30 -8:15 AM Susan Studio	AOA Fitness 7:30 -8:15 AM Susan Studio	AOA Fitness 7:30 -8:15 AM Susan Studio	AOA Fitness 7:30 -8:15 AM Susan Studio	Muscle Max 8:00-9:00 AM Kelly K Studio	
Indoor Cycling 8:30- 9:15 AM Variety Instructor Studio	HIIT 8:30-9:30 AM Kelly K Studio	Muscle Max 8:30-9:15 AM Kelly C Studio	Total Body 8:30-9:15am Hayley Studio	Spinnervals 8:30 - 9:30 AM Rose Studio	Indoor Cycling 9:15 - 10:00 AM Rose/Terri Studio	
ReFit@ 9:30- 10:15 AM Cynthia Studio	HIIT 8:30-9:30 AM Kelly K Studio	Yoga 9:30 - 10:15am Isabelle Studio	Aqua Tone & Stretch 9:00- 10:00 AM Lili/Diedra Alternating Pool	Aqua Surge 9:00- 10:00 AM Deirdra Pool (starting 11/8)	Zumba@ 10:15-11:00 AM Justine Studio	
Silver Splash 9:00-10:00 AM Lili/Deirdra Alternating Pool	Aqua Tone & Stretch 9:00- 10:00 AM Lili/Deirdra Alternating Pool	Silver Splash 9:00- 10:00 AM Lili/Deirdra Alternating Pool	Silver Sneakers Classic 10:00 - 10:45 AM Susan Studio	Gentle Yoga 9:45 - 10:30 AM Mel Studio		
Chi 10:30 - 11:15 AM Isabelle Studio	Silver Sneakers Circuit 10:00-10:45 AM Susan Studio	Chi 10:30 - 11:15 AM Isabelle Studio	Stretch & Flex 11:00-12:00 AM Susan Studio	Meditation for Stress Starts 10/11 10:45 - 11:30 AM Mel Studio		
	Stretch & Flex 11:00-12:00 AM Susan Studio					
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NEW! Stronger, Leaner, Longer 5:30 - 6:15 PM Deb C Studio	New Format* Express Cycle 5:15 - 5:45 pm Rose Studio	Zumba@ 5:00 -5:45 PM Justine Studio	NEW! Total Body Strength 6:00 - 6:45 PM Sarah L Studio			
Indoor Cycling 6:30- 7:15 PM Mike/Hayley Studio	Pump It 6:00 - 6:45 PM Laura Studio	Indoor Cycling 6:00 - 6:45 PM Variety Instructor Studio				
		Core Cardio Yoga 7:00 - 8:00 PM Katie Studio				
		<i>There will be no group exercise classes on Wednesday 11/27. Please join us on Thursday 11/28 at 9 AM for the Pumpkin Pie 5K!</i>			<p>Nazareth Group Exercise Schedule</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. <small>space is limited.</small></p> <p>Nazareth Branch Stay & Play Hours: Monday-Friday: 8:30AM-11:00AM Monday-Thursday: 5:00-7:30PM Saturday: 9:00AM-11:00AM</p>	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

Highlighted items indicate a change in class format or time.

Please check 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