

**River Crossing YMCA | Nazareth
Group Exercise Schedule December 1st-22nd 2024**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soul 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	Spin and Sculpt 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 9:30-10:15 AM Isabelle Studio	Aqua Tone & Stretch 9:00- 10:00 AM Lili/Diedra Pool	Aqua Surge 9:00-10:00 AM Deirdra Pool	Zumba® 10:15-11:00 AM Justine Studio	
Silver Splash 9:00-10:00 AM Lili/Deirdra Pool	Aqua Tone & Stretch 9:00- 10:00 AM Lili/Deirdra Pool	Silver Splash 9:00-10:00 AM Lili/Deirdra Pool	Silver Sneakers Classic 10:00-10:45 AM Susan Studio	Gentle Yoga 9:45 - 10:30 AM Mel Studio		
Tai Chi 10:30-11:15 AM Isabelle Studio	Silver Sneakers Circuit 10:00-10:45 AM Susan Studio	Tai Chi 10:30-11:15 AM Isabelle Studio	Stretch & Flex 11:00-12:00 AM Susan Studio	Meditation for stress 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
Stronger Leaner Longer 5:30 - 6:15 PM Deb C Studio	Express Cycle 5:15-5:45 PM Rose Studio	Zumba® 5:00 -5:45 PM Justine Studio	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 Instructor Rotation Studio				
		Yoga 7:00-8:00 PM Katie Studio				
					Nazareth Group Exercise Schedule Group exercise 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.	
					Nazareth Branch Stay & Play Hours: Monday-Friday: 8:30AM-11:00AM Monday-Thursday: 5:00-7:30PM Saturday: 9:00AM-11:00AM	
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 11/25/24