

**River Crossing YMCA | Easton/Phillipsburg
Group Exercise Schedule
January 2nd-31st 2025**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga 1 8:00 -8:45 AM Cheryl Studio	Indoor Cycling 7:00-7:45AM Maria Cycle Studio <i>*Weights Optional</i>	Yoga 1 8:00 -8:45 AM Cheryl Studio	Indoor Cycling 7:00-7:45AM Maria Cycle Studio <i>*Weights Optional</i>	Yoga 1 8:00 -8:45 AM Cheryl Studio	Morning Mix 8:05-8:50 AM Lenore Studio	Zumba® 10:00-10:45AM Mel Studio
Indoor Cycling 9:00-10:00 AM Maria Cycle Studio <i>*Weights Optional</i>	Pilates Sculpt 8:00-8:45AM Taiba Studio	Total Body 9:00-10:00 AM Maria Studio	Pilates Sculpt 8:00-8:45AM Taiba Studio	Power Hour 9:00-10:00AM Matthew Studio	Indoor Cycling 9:00-10:00 AM Maria Cycle Studio <i>*Weights Optional</i>	Pure Strength 11:00AM-12:00PM Matthew Studio
Pure Strength 9:00-10:00 AM Larissa Studio	R.I.P.P.E.D 9:00-10:00AM Larissa Studio	Aqua Fit 9:00-9:45AM Peggy Pool <i>Aqua Shoes Recommended</i>	R.I.P.P.E.D 9:00-10:00AM Larissa Studio (Power Hour will be running instead of R.I.P.P.E.D Jan 2nd only with Matthew)	Kickboxing 9:00-10:00AM Jessica MindBody Studio <i>Gloves Recommended</i>	Latin Heat 9:00-9:45AM Samantha Studio	
Aqua Fit 9:00-9:45AM Peggy Pool <i>Aqua Shoes Recommended</i>	Aqua Fit 9:00-9:45AM Peggy Pool <i>Aqua Shoes Recommended</i>	Aqua Toning 9:55 - 10:30AM Peggy Pool <i>Aqua Shoes Recommended</i>	Aqua Fit 9:00-9:45AM Peggy Pool <i>Aqua Shoes Recommended</i>	Aqua Fit 9:00-9:45AM Peggy Pool <i>Aqua Shoes Recommended</i>	Aqua Fit 9:00-10:00AM Deirdre Pool <i>Aqua Shoes Recommended</i>	
Aqua Toning 9:55 - 10:30AM Peggy Pool <i>Aqua Shoes Recommended</i>	Aqua Toning 9:55 - 10:30AM Peggy Pool <i>Aqua Shoes Recommended</i>	Core & Strength 10:15-10:45AM Maria Studio	Aqua Toning 9:55 - 10:30AM Peggy Pool <i>Aqua Shoes Recommended</i>	Aqua Toning 9:55 - 10:30AM Peggy Pool <i>Aqua Shoes Recommended</i>	Yoga 1-Mixed Level 10:00-11:30AM Jane Studio	
Core & Strength 10:15-10:45AM Maria Studio	Indoor Cycling 10:00-11:00AM Bill Cycle Studio	Silver Sneakers Boom Move & Muscle 12:00-1:00PM Kathy Studio	Yoga Fusion 10:15-11:00 AM Jessica Studio	Beginner/ AOA Cycling 10:00-11:00AM Bill Cycle Studio		
Silver Sneakers Boom Move & Muscle 12:00-1:00PM Kathy Studio	Silver Sneakers Yoga 11:15-12:00AM Cheryl Studio	A.O.A. Range Of Motion & Balance 1:15-2:00PM Kathy Studio	Silver Sneakers Yoga 11:15-12:00AM Cheryl Studio	Beginner Tai Chi 11:00AM-11:45AM Kathy Studio		
A.O.A. Range Of Motion & Balance 1:15-2:00PM Kathy Studio	Intermediate Tai Chi 12:15-1:00PM Kathy Studio					
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Indoor Cycling 5:30-6:15 PM Tara Cycle Studio <i>*Weights Optional</i>	Indoor Cycling 5:30-6:15 PM Tara Cycle Studio <i>*Weights Optional</i>	Indoor Cycling 5:30-6:15 PM Tara Cycle Studio <i>*Weights Optional</i>	Indoor Cycling 6:00-7:00PM Maria Cycle Studio <i>*Weights Optional</i>			
Zumba® 6:15-7:00PM Mel Studio	Total Body 6:00- 7:00PM Maria Studio	Zumba® 6:15-7:00PM Mel Studio	Latin Heat 6:00-6:45PM Samantha Studio		Easton/Phillipsburg Group Exercise Schedule es are included in your membership. Registration required for Aqua group exercise classes only through the website or by visiting the Welcome Center as space is limited.	
			Immersive Sound Meditation 7:15-8:00PM Susan Studio <i>*Monthly Class 1/9</i>		Easton/Phillipsburg Branch Stay & Play Hours: Monday-Friday 8:30AM-11:30AM Monday-Thursday 4:00PM-7:30PM Saturday 8:30AM-12:30PM <i>*Registration required for Stay & Play Ages 6 months - 11 years</i>	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
					For the most current class information please scan QR Code.	
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 12/23/25