

**River Crossing YMCA | Nazareth
Group Exercise Schedule January 2nd-31st 2025**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soul Fusion 7:15 -8:15 AM Lindsay 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 Kelly C/Mike Studio	HIIT 8:30-9:30 AM Kelly K Studio	Muscle Max 8:30-9:15 AM Kelly C Studio	Total Body 8:30-9:15 AM Haley Studio	Spin and Sculpt 8:30-9:30 AM Rose Pool	Indoor Cycling 9:15-10:00 AM Rose/Teri Studio	
ReFit® 9:30- 10:15 AM Cynthia Studio	Aqua Tone & Stretch 9:00- 10:00 AM Lili/Deirdre Pool	Tai Chi 9:30-10:15 AM Isabelle Studio	Aqua Tone & Stretch 9:00- 10:00 AM Lili/Deirdre Pool	Aqua Surge 9:00-10:00 AM Deirdre Pool	Zumba® 10:15-11:00 AM Justine Studio	
Silver Splash 9:00-10:00 AM Lili/Deirdre Pool	Silver Sneakers Circuit 10:00-10:45 AM Susan Studio	Silver Splash 9:00-10:00 AM Lili/Deirdre Pool	Silver Sneakers Classic 10:00-10:45 AM Susan Studio	Gentle Yoga 9:45-10:30 AM Mel Studio		
	Stretch & Flex 11:00-12:00 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		
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 Strength 6:00-6:45 PM Sarah L Studio			
Indoor Cycling 6:30-7:15 PM Mike/Haley Studio	Pump It 6:00-6:45 PM Laura Studio	Indoor Cycling 6:00-6:45 PM Mike/Rose/Sarah Studio				
		Yoga 7:00-8:00 PM Katie Studio				
					<p>Nazareth Group Exercise Schedule</p> <p>Group exercise classes are included in your membership. Registration required for Aqua group exercise classes only through the website or by visiting the Welcome Center, space is limited.</p> <p>Nazareth Branch Stay & Play Hours: Monday-Friday: 8:30AM-11:30AM Monday-Thursday: 4:00-7:30PM Saturday: 8:30AM-12:30PM</p>	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

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