

**River Crossing YMCA | Nazareth  
Group Exercise Schedule February**

"We're here for you."

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

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 1/30/25