

**River Crossing YMCA | Easton/Phillipsburg
Group Exercise Schedule
March**

"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	R.I.P.P.E.D 9:00-10:00AM Larissa Studio	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>	R.I.P.P.E.D 9:00-10:00AM Larissa Studio	Total Body 9:00-10:00 AM Maria Studio	Aqua Fit 9:00-9:45AM Peggy Pool <i>Aqua Shoes Recommended</i>	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 (Kickboxing with Jessica 3/24 only)	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>	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 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 Fusion 10:15-11:00 AM Jessica Studio	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>	Indoor Cycling 10:00-11:00AM Bill Cycle Studio	Core & Strength 10:15-10:45AM Maria Studio	Silver Sneakers Yoga 11:15-12:00AM Cheryl Studio	Aqua Toning 9:55 - 10:30AM Peggy Pool <i>Aqua Shoes Recommended</i>	Yoga 10:00-11:30AM Jane Studio	
Core & Strength 10:15-10:45AM Maria Studio	Silver Sneakers Yoga 11:15-12:00AM Cheryl Studio	Silver Sneakers Boom Move & Muscle 12:00-1:00PM Kathy Studio		Beginner Tai Chi 11:00AM-11:45AM Kathy Studio		
Silver Sneakers Boom Move & Muscle 12:00-1:00PM Kathy Studio	Intermediate Tai Chi 12:15-1:00PM Kathy Studio	A.O.A. Range Of Motion & Balance 1:15-2:00PM Kathy Studio				
A.O.A. Range Of Motion & Balance 1:15-2:00PM Kathy Studio						

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle & Sculpt 5:30-6:15 PM Tara Cycle Studio	Indoor Cycling 5:30-6:15 PM Tara Cycle Studio <i>*Weights Optional</i>	Cycle & Sculpt 5:30-6:15 PM Tara Cycle Studio	Indoor Cycling 6:00-6:45 PM Maria Cycle Studio <i>*Weights Optional</i>			
Zumba® 6:15-7:00PM Mel Studio (Shamrock Shake 3/17)	Total Body 6:00- 7:00PM Maria Studio	Zumba® 6:15-7:00PM Mel Studio			<p>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.</p>	
					<p>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></p>	

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 2/24/25