

RIVER CROSSING YMCA | Fairless Hills
Group Exercise Schedule
March

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 6:00-6:45 AM Susan Studio 3	Spin 6:00-6:45 AM Roe Studio 3	Aqua Deep Water 8:00-8:45 AM Audrey Pool	Spin 6:00-6:45 AM Roe Studio 3	Total Body Conditioning 6:00-6:45 AM Roe Studio 1	Aqua Zumba 8:00-8:45 AM Betsy Pool	Yoga 8:00-9:00 AM Lindsay Studio 1
Aqua Deep Water 8:00-8:45 AM Audrey Pool	Aqua Aerobics 8:00-8:45 AM Carl Pool	Aqua Aerobics 9:00-9:45 AM Audrey Pool	Aqua Aerobics 8:00-8:45 AM Carl Pool	Aqua Deep Water 8:00-8:45 AM Audrey Pool (No class 3/7)	Spivi Spin 8:15-9:00 AM Lisa R Studio 3 (Heart Rate Training Class)	Express Spin 8:15-8:45 AM Brooke Studio 3
Pure Strength 8:15-9:00 AM Glady Studio 1	Low Impact Aerobics 8:15-9:00 AM Roe Studio 1	Pure Strength 8:00-8:45 AM Domenica Studio 1	Aqua Interval 9:00-9:45 AM Carl Pool	Bootcamp 8:15-9:00 AM Glady Studio 1	Yoga 9:15-10:00 AM Vicki Studio 2	Zumba@ 9:30-10:15 AM Johana Studio 1 Shamrock Shake 9:30-11am Gym 3/16)
SilverSneakers@ Circuit 9:00-9:45 AM Roe Falls Township Senior Center	Aqua Interval 9:00-9:45 AM Carl Pool	Silver Sneakers Yoga 9:00-9:45 AM Betsy Studio 1	HIIT Revolution 9:30-10:15 AM Kristin Studio 1	Aqua Aerobics 9:00-9:45 AM Audrey Pool (No class 3/7)	Circuit 9:15-10:00 AM Betsy Studio 1	
Aqua Aerobics 9:00-9:45 AM Audrey Pool	Interval Inferno 9:30-10:15 AM Lisa Studio 1	Spivi Spin 9:15-10:00 AM Domenica Studio 3	Yoga 9:30-10:30 AM Elda Studio 2	Spivi Spin 9:15-10:00 AM Kristin Studio 3	Zumba@ 10:15-11:00 AM Instructor Rotation Studio 1	
Total Body Conditioning 9:15-10:00 AM Lisa Studio 1	Zumba@ 9:30-10:15 AM Lauren Studio 2	Zumba Gold@ 10:00-10:45 AM Betsy Studio 1	Tai Chi/Qigong 10:30-11:30 AM Arlette Studio 1	Total Body Conditioning 9:15-10:00 AM Lisa Studio 1		
Spivi Spin 9:15-10:00 AM Glady Studio 3	Barre 10:30-11:15 AM Glady Studio 1	Stronger Leaner Longer 10:15-11:00 AM Domenica Studio 2		SilverSneakers@ Circuit 9:30-10:15 AM Glady Falls Township Senior Center		
Yoga 9:15-10:00 AM Lindsay Studio 2	SilverSneakers@ Splash 11:30-12:15 PM Glady Pool	Silver Sneakers Yoga 11:00-11:45 AM Betsy Studio 1		Stronger Leaner Longer 10:30-11:15 AM Domenica Studio 2 (new class time 10:15-11am starting 3/21)		
SilverSneakers@ Classic 10:00-10:45 AM Roe Falls Township Senior Center	Tai Chi/Qigong 12:00-1:00 PM Arlette Studio 1			SilverSneakers@ Classic 11:00-11:45 AM Glady Studio 1		
Pilates 10:15-11:00 AM Robin Studio 2						
SilverSneakers@ Classic 11:00-11:45 AM Glady Studio 1					Fairless Hills Group Exercise Schedule Group exercise classes are included in your membership.	
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Teen Athlete Academy 5:00-5:30 PM Domenica Studio 1	Yoga 5:30-6:30 PM Jeanine Studio 2	Zumba@ 5:30-6:15 PM Leanne Studio 1	Spartan Training 6:00-6:45 PM Jamie Studio 1	Zumba@ 6:00-6:45 PM Bridget Studio 1	Fairless Hills Stay & Play Hours: Monday - Saturday 8:30AM-12:30PM Monday - Thursday 4:00PM-7:30PM	
Spartan Training 6:00-6:45 PM Jamie Studio 1	Zumba@ 6:30-7:15 PM Bridget Studio 1	Pure Strength 6:30-7:15 PM Kymberlee Studio 1 (Heart Rate Training Class)	Kickboxing 7:00-7:45 PM Jamie Studio 1			
Zumba@ 6:00-6:45 PM Leanne Studio 2	Spivi Spin 6:30-7:15 PM Lisa Studio 3	Yoga 7:30-8:15 PM Lindsay Studio 1	Yoga 7:15-8:00 PM Vicki Studio 2		Mero Esports Gaming Lounge Hours: Monday - Thursday 3:00PM-7:00PM Friday 3:00PM-8:00PM Saturday & Sunday 2:00PM-5:00PM	
Kickboxing 7:00-7:45 PM Jamie Studio 1	Stronger Leaner Longer 7:00-7:45 PM Domenica Studio 2					
	Aqua Zumba 7:00-7:45 PM Jeanine Pool					
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

Please check ymcarivercrossing.org 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 3/5/25