

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

"We're here for you."

**DAYTIME CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Indoor Cycling</b> 8:30-9:15 AM Kelly C   Studio	<b>AOA Fitness</b> 7:30 -8:15 AM Susan   Studio	<b>AOA Fitness</b> 7:30 -8:15 AM Susan   Studio	<b>AOA Fitness</b> 7:30 -8:15 AM Susan   Studio	<b>AOA Fitness</b> 7:30 -8:15 AM Susan   Studio		
<b>Silver Splash</b> 9:00-10:00 AM Lili/Deirdre   Pool	<b>HIIT</b> 8:30-9:30 AM Kelly K   Studio	<b>Muscle Max</b> 8:30-9:15 AM Kelly C   Studio	<b>Total Body</b> 8:30-9:15 AM Instructor Roation   Studio	<b>Spin and Sculpt</b> 8:30-9:30 AM Rose   Studio		
	<b>Aqua Tone &amp; Stretch</b> 9:00- 10:00 AM Lili/Deirdre   Pool	<b>Silver Splash</b> 9:00-10:00 AM Lili/Deirdre   Pool	<b>Aqua Tone &amp; Stretch</b> 9:00- 10:00 AM Lili/Deirdre   Pool	<b>Aqua Surge</b> 9:00-10:00 AM Deirdre   Pool		
	<b>Silver Sneakers Circuit</b> 10:00-10:45 AM Susan   Studio		<b>Silver Sneakers Classic</b> 10:00-10:45 AM Susan   Studio			
	<b>Stretch &amp; Flex</b> 11:00-12:00 AM Susan   Studio					

**EVENING CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Indoor Cycling</b> 6:30-7:15 PM Mike/Haley   Studio	<b>Pump It</b> 6:00-6:45 PM Laura   Studio	<b>Indoor Cycling</b> 6:00-6:45 PM Mike/Rose/Sarah   Studio	<b>Total Strength</b> 6:00-6:45 PM Sarah L   Studio			
		<b>Yoga</b> 7:00-8:00 PM Katie   Studio				
					<p><b>Nazareth Group Exercise Schedule</b> 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 as space is limited.</p>	
					<p><b>Nazareth Branch Stay &amp; Play Hours:</b> 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](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 2/24/25