

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

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 8:30-9:15 AM Kelly C 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	
Silver Splash 9:00-10:00 AM Lili Pool	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 Instructor Roation Studio	Spin and Sculpt 8:30-9:30 AM Rose Studio		
	Aqua Tone & Stretch 9:00- 10:00 AM Lili Pool	Silver Splash 9:00-10:00 AM Lili Pool	Aqua Tone & Stretch 9:00- 10:00 AM Lili Pool	Aqua Surge 9:00-10:00 AM Deirdre Pool		
	Silver Sneakers Circuit 10:00-10:45 AM Susan Studio		Silver Sneakers Classic 10:00-10:45 AM Susan Studio			
	Stretch & Flex 11:00-12:00 AM Susan Studio					
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 6:30-7:15 PM Mike/Haley Studio	Pump It 6:00-6:45 PM Laura Studio	Cycle 6:00-6:45 PM Mike/Rose/Sarah Studio	Total Strength 6:00-6:45 PM Sarah L Studio			
		Yoga 7:00-8:00 PM Katie Studio				
					<p>Nazareth Group Exercise Schedule 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>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 3/24/25