

**River Crossing YMCA | Easton/Phillipsburg**  
**Group Exercise Schedule**  
**April 28 - May 31**



"We're here for you."

**DAYTIME CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Yoga 1</b> 8:00 -8:45 AM Cheryl   Studio	<b>Cycle</b> 7:00-7:45AM Maria   Cycle Studio	<b>Yoga 1</b> 8:00 -8:45 AM Cheryl   Studio	<b>R.I.P.E.D</b> 9:00-10:00AM Larissa   Studio	<b>Yoga 1</b> 8:00 -8:45 AM Cheryl   Studio	<b>Morning Mix</b> 8:00-8:45 AM Lenore   Studio	<b>Zumba®</b> 10:00-10:45AM Mel   Studio
<b>Cycle</b> 9:00-10:00 AM Maria   Cycle Studio	<b>R.I.P.E.D</b> 9:00-10:00AM Larissa   Studio	<b>Total Body</b> 9:00-10:00 AM Maria   Studio	<b>NEW! Cycle</b> 10:00-11:00AM Bill   Cycle Studio	<b>Power Hour</b> 9:00-10:00AM Matthew   Studio	<b>Cycle</b> 9:00-10:00 AM Maria   Cycle Studio	<b>Pure Strength</b> 11:00AM-12:00PM Matthew   Studio
<b>Pure Strength</b> 9:00-10:00 AM Larissa   Studio	<b>Cycle</b> 10:00-11:00AM Bill   Cycle Studio	<b>Aqua Fit</b> 9:00-9:45AM Peggy   Pool	<b>Yoga Fusion</b> 10:15-11:00 AM Jessica   Studio	<b>Kickboxing</b> 9:00-10:00AM Jessica   MindBody Studio	<b>Latin Heat</b> 9:00-9:45AM Samantha   Studio	
<b>Aqua Fit</b> 9:00-9:45AM Peggy   Pool	<b>NEW! Zumba Gold®</b> 10:15-11:00AM Mel   Studio	<b>Aqua Toning</b> 10:00-10:45AM Peggy   Pool	<b>Silver Sneakers Yoga</b> 11:15-12:00PM Cheryl   Studio	<b>Aqua Fit</b> 9:00-9:45AM Peggy   Pool	<b>Aqua Fit</b> 9:00-9:45AM Deirdre   Pool	
<b>Aqua Toning</b> 10:00 - 10:45AM Peggy   Pool	<b>Silver Sneakers Yoga</b> 11:15-12:00PM Cheryl   Studio	<b>Core &amp; Strength</b> 10:15-10:45AM Maria   Studio		<b>Aqua Toning</b> 10:00-10:45AM Peggy   Pool	<b>Yoga</b> 10:00-11:30AM Jane   Studio	
<b>Core &amp; Strength</b> 10:15-10:45AM Maria   Studio	<b>Intermediate Tai Chi</b> 12:15-1:00PM Kathy   Studio	<b>Silver Sneakers Boom Move &amp; Muscle</b> 12:00-1:00PM Kathy   Studio		<b>Beginner Tai Chi</b> 11:00AM-11:45AM Kathy   Studio		
<b>Silver Sneakers Boom Move &amp; Muscle</b> 12:00-1:00PM Kathy   Studio		<b>A.O.A. Range Of Motion &amp; Balance</b> 1:15-2:00PM Kathy   Studio				
<b>A.O.A. Range Of Motion &amp; Balance</b> 1:15-2:00PM Kathy   Studio						

**EVENING CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle &amp; Sculpt</b> 5:30-6:15 PM Tara   Cycle Studio	<b>Cycle</b> 5:30-6:15 PM Tara   Cycle Studio	<b>Cycle &amp; Sculpt</b> 5:30-6:15 PM Tara   Cycle Studio	<b>Cycle</b> 6:00-6:45 PM Maria   Cycle Studio		<p align="center"><b>Group Exercise Schedule</b></p> <p>Group exercise classes are included in your hip.                      Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is limited.</p>	
<b>Zumba®</b> 6:15-7:00PM Mel   Studio	<b>Total Body</b> 6:00- 7:00PM Maria   Studio	<b>Zumba®</b> 6:15-7:00PM Mel   Studio				
					<p align="center"><b>Easton/Phillipsburg Branch Stay &amp; Play Hours:</b></p> <p>Monday-Friday 8:45AM-11:AM                      Monday-Thursday 5:00PM-7:30PM                      Saturday 8:30AM-12:30PM</p>	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
		<p>For the most current class information please visit <a href="#">Schedules</a> or scan the QR Code.</p>			<p>Visit us on <a href="#">Y Wellnes</a> 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!</p>	
						Updated 4/10/25