

River Crossing YMCA | Lehigh Valley Region | Group Exercise Schedule | April 28 - May 1

DAYTIME CLASSES

| | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|--|--|---|
| Cycle 6:15-7:00 AM Tanya Ct. #4 Bethlehem | Cycle 7:00-7:45 AM Maria Cycle Studio Easton | Silver Sneakers Classic 7:30-8:15 AM Jennifer Studio Nazareth | Cycle 6:15-7:00 AM Tanya Ct. #4 Bethlehem | Silver Sneakers Classic 7:30-8:15 AM Jennifer Studio Nazareth | Muscle Max 8:00-9:00 AM Kelly K Studio Nazareth | Cycle 9:15-10:00 AM Terri /Sarah Studio Nazareth (starting 5/11) |
| Yoga 1 8:00-8:45 AM Cheryl Studio Easton | Seated Strength & Balance 7:30-8:15 AM Tanya Studio Nazareth | Yoga 1 8:00-8:45 AM Cheryl Studio Easton | Silver Sneakers Classic 7:30-8:15 AM Jennifer Studio Nazareth | Yoga 1 8:00-8:45 AM Cheryl Studio Easton | Morning Mix 8:00-8:45 AM Lenore Studio Easton | Zumba® 10:00-10:45 AM Mel Studio Easton |
| HIIT Revolution 8:00-8:45 AM Taylor Studio Slate Belt | Total Body Strength 8:00-8:45 AM Colleen Aux Gym Bethlehem | Soul Fusion 8:15-9:00 AM Lindsay Studio Slate Belt | Total Body Strength 8:00-8:45 AM Colleen Aux Gym Bethlehem | SHINE DANCE FITNESS 8:15-9:00 AM Susan Studio I Suburban North | HITT 8:30-9:15 AM Tanya Aux Gym Bethlehem | Zumba® 10:30-11:15 AM Cynthia Studio Slate Belt |
| Total Body Strength 8:30-9:15 AM Deb Studio B Allentown | Muscle Max 8:15-9:00 AM Susan Studio I Suburban North | Total Body Strength 8:30-9:15 AM Deb Studio B Allentown | Muscle Max 8:15-9:00 AM Susan Studio I Suburban North | Total Body 8:15-9:00 AM Lindsay/Taylor/Haley Studio Slate Belt | Cycle 9:00-10:00 AM Maria Cycle Studio Easton | Pure Strength 11:00 AM-12:00 PM Matthew Studio Easton |
| Cycle 8:30-9:15 AM Kelly C /Mike Studio Nazareth | Aquacise 8:15-9:00 AM Lois Pool Slate Belt | Muscle Max 8:30-9:15 AM Kelly C Studio Nazareth | Aquacise 8:15-9:00 AM Lois Pool Slate Belt | Interval Inferno 8:30-9:15 AM Mercy Studio B Allentown | Latin Heat 9:00-9:45 AM Samantha Studio Easton | |
| Hydro 8:30-9:15 AM Irene Pool Bethlehem | HIIT 8:30-9:30 AM Kelly K Studio Nazareth | Aqua Surge 8:30-9:15 AM Deirdre Pool Bethlehem | Total Body 8:30-9:15 AM Instructor Roation Studio Nazareth | Cycle & Sculpt 8:30-9:30 AM Rose Studio Nazareth | Aqua Fit 9:00-9:45 AM Deirdre Pool Easton | |
| Cycle 9:00-10:00 AM Maria Cycle Studio Easton | R.I.P.P.E.D 9:00-10:00 AM Larissa Studio Easton | Total Body 9:00-10:00 AM Maria Studio Easton | R.I.P.P.E.D 9:00-10:00 AM Larissa Studio Easton | Power Hour 9:00-10:00 AM Matthew Studio Easton | Muscle Max 9:00-9:45 AM Jo-Elle Studio Slate Belt | |
| Pure Strength 9:00-10:00 AM Larissa Studio Easton | Cycle Express 9:00-9:30 AM Kate R Studio Slate Belt | Aqua Fit 9:00-9:45 AM Peggy Pool Easton | Circuit Train 9:00-9:45 AM Katie S Studio Slate Belt | Kickboxing 9:00-10:00 AM Jessica MindBody Studio Easton | Total Body Strength 9:00-9:45 AM Deb Studio I Suburban North | |
| Aqua Fit 9:00-9:45 AM Peggy Pool Easton | Aqua Tone & Stretch 9:00-10:00 AM Lili Pool Nazareth | AOA Fitness 9:15-10:00 AM Diane Studio I Suburban North | Aqua Tone & Stretch 9:15-10:00 AM Lili Pool Nazareth | Aqua Fit 9:00-9:45 AM Peggy Pool Easton | CIRCL Mobility™ 9:15-10:00 AM Mel Studio Nazareth | |
| Zumba® 9:00-9:45 AM Cynthia Studio Slate Belt | Aquacise 9:15-10:00 AM Lois Pool Slate Belt | LIIT Express 9:15-9:45 AM Carmella Studio Slate Belt | Aquacise 9:15-10:00 AM Lois Pool Slate Belt | Yoga 9:15-10:00 AM Susan Studio I Suburban North | Yoga 10:00-11:30 AM Jane Studio Easton | |
| AOA Fitness 9:15-10:00 AM Diane Studio I Suburban North | Silver Sneakers Classic 9:30-10:15 AM Jennifer Studio I Suburban North | Low Impact Total Body 9:30-10:15 AM Tanya/Colleen Aux Gym Bethlehem | SHINE DANCE FITNESS 10:00-10:45 AM Deb Studio B Allentown | Cardio Dance 9:15-10:00 AM Lois Studio Slate Belt | Yoga 10:00-10:45 AM Jessica Studio Slate Belt | |
| AOA Fitness 9:30-10:15 AM Maggie Aux Gym Bethlehem | Cycle 10:00-11:00 AM Bill Cycle Studio Easton | Aqua Fitness 9:30-10:15 AM Gill Pool Bethlehem | AOA Yoga 9:30-10:15 AM Maggie Aux Gym Bethlehem | Chair Yoga 9:30-10:15 AM Mercy Studio B Allentown | Cycle 10:00-11:45 AM Jerry Ct. #4 Bethlehem | |
| Yoga Fusion 9:30-10:15 AM Jessica Studio Nazareth | AOA Yoga 10:00-10:45 AM Maggie Aux Gym Bethlehem | Aqua Toning 10AM-10:45 AM Peggy Pool Easton | Low Impact Aerobics 10:00-10:45 AM Rochelle Studio Slate Belt | Total Body Strength 9:30-10:15 AM Tanya Aux Gym Bethlehem | | |
| Aqua Toning 10-10:45 AM Peggy Pool Easton | Cardio Drumming 10:00-10:45 AM Krysta Studio Slate Belt | Country Line Dance 10:00-10:45 AM Carmella Studio Slate Belt | Cycle 10:00-11:00AM Bill Cycle Studio Easton | Aqua Fitness 9:30-10:15 AM Gill Pool Bethlehem | | |
| Range of Motion & Strength 10:00-10:30 AM Carmella Studio Slate Belt | Zumba Gold® 10:15-11:00AM Mel Studio Easton | Core & Strength 10:15-10:45 AM Maria Studio Easton | Seated Strength & Balance 10:00-10:45 AM Mel Studio Nazareth | Aqua Toning 10:00-10:45 AM Peggy Pool Easton | | |
| Core & Strength 10:15-10:45 AM Maria Studio Easton | Silver Splash 10:15-11:15 AM Lili Pool Nazareth | AOA Fitness 10:15-11:00 AM Diane Studio I Suburban North | Yoga Fusion 10:15-11:00 AM Jessica Studio Easton | Silver Sneakers Yoga 10:15-11:00 AM Susan Studio I Suburban North | | |
| AOA Fitness 10:15-11:00 AM Diane Studio I Suburban North | Silver Sneakers Classic 10:30-11:15 AM Diane Studio I Suburban North | AOA Fitness 10:30-11:15AM Maggie Aux Gym Bethlehem | Silver Splash 10:15-11:15 AM Lili Pool Nazareth | Range of Motion & Strength 10:15-11:00 AM Lois Studio Slate Belt | | |
| Aqua Arthritis 10:30-11:15 AM Fred Pool Bethlehem | Cycle 11:00-11:45 AM Tanya Ct. #4 Bethlehem | Aqua Arthritis 10:30-11:15 AM Fred Pool Bethlehem | Silver Sneakers Classic 10:30-11:15 AM Jennifer Studio I Suburban North | Belly Dance 10:30-11:15 AM Carmen Ct. #1 Bethlehem | | |
| Chair Yoga 10:45-11:30 AM Carmella Studio Slate Belt | Silver Sneakers Yoga 11:15-12:00 PM Cheryl Studio Easton | Silver Sneakers Boom Move & Muscle 12:00-1:00 PM Kathy Studio Easton | Cycle Express 11:00-11:30 AM Jerry Ct. #4 Bethlehem | Aqua Arthritis 10:30-11:15 AM Fred Pool Bethlehem | | |
| Silver Sneakers Boom Move & Muscle 12:00-1:00 PM Kathy Studio Easton | Intermediate Tai Chi 12:15-1:00 PM Kathy Studio Easton | AOA Range Of Motion & Balance 1:15-2:00 PM Kathy Studio Easton | Stretch & Core 11:00-11:45 AM Rochelle Studio Slate Belt | Beginner Tai Chi 11:00AM-11:45 AM Kathy Studio Easton | | |
| AOA Range of Motion & Balance 1:15-2:00 PM Kathy Studio Easton | | | Silver Sneakers Yoga 11:15-12:00 PM Cheryl Studio Easton | | | |

Group Exercise Schedule

Group exercise classes are included in your membership.
Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is limited.