

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

| EVENING CLASSES   |   |   |  |  |   |                 |
|---|---|---|--|--|---|-----------------|
|   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY          |
| <b>Deep Water</b><br>4:45-5:15 PM<br>Shelly   Pool<br>Slate Belt  | <b>Cycle</b><br>5:30-6:15 PM<br>Tara   Cycle Studio<br>Easton                       | <b>Aqua Fitness</b><br>4:45-5:30 PM<br>Shelly   Pool<br>Slate Belt  | <b>Meditation in Movement</b><br>4:15-5:00 PM<br>Spirit   Studio<br>Slate Belt |  |   |                 |
| <b>Zumba@</b><br>5:15-6:15 PM<br>Justine   Studio<br>Slate Belt   | <b>Total Body</b><br>6:00-7:00 PM<br>Maria   Studio  <br>Easton                     | <b>Strength Training</b><br>5:15-6:00 PM<br>Morgan   Studio<br>Slate Belt                                 | <b>Zumba</b><br>5:30-6:15 PM<br>Cynthia   Studio<br>Slate Belt                 |  |   |                 |
| <b>Cycle &amp; Sculpt</b><br>5:30-6:15 PM<br>Tara   Cycle Studio<br>Easton  | <b>Cycle</b><br>6:00-6:45 PM<br>Jennifer   Studio  <br>Suburban North               | <b>Cycle &amp; Sculpt</b><br>5:30-6:15 PM<br>Tara   Cycle Studio<br>Easton                                | <b>Barre Fusion</b><br>5:45-6:30 PM<br>Stacey   Ct. #1<br>Bethlehem            |  |   |                 |
| <b>Aqua Fitness</b><br>5:30-6:15 PM<br>Shelly   Pool<br>Slate Belt  | <b>Pump It</b><br>6:00-6:45 PM<br>Terri   Studio  <br>Nazareth                      | <b>Indoor Cycling</b><br>6:00-6:45 PM<br>Mike/Rose/Sarah   Studio<br>Nazareth                             | <b>Indoor Cycling</b><br>6:00-6:45 PM<br>Maria   Cycle Studio<br>Easton        |  |   |                 |
| <b>Barre Fusion</b><br>5:45-6:30 PM<br>Stacey   Ct. #1<br>Bethlehem   | <b>HIIT</b><br>6:00-6:45 PM<br>Maggie   Studio<br>Slate Belt                        | <b>Zumba</b><br>6:00-7:00 PM Nataliya  <br>Ct. #1<br>Bethlehem  | <b>Cycle</b><br>6:00-6:45 PM<br>Jennifer   Studio  <br>Suburban North          |  |   |                 |
| <b>SHINE DANCE FITNESS</b><br>6:00-6:45 PM<br>Deb   Studio 1<br>Suburban North  | <b>Aqua Blast</b><br>6:15-7:00 PM<br>Irene   Pool<br>Bethlehem                      | <b>Zumba@</b><br>6:15-7:00 PM<br>Mel   Studio<br>Easton   | <b>Total Strength</b><br>6:00-6:45 PM<br>Sarah   Studio<br>Nazareth            |  |   |                 |
| <b>Zumba@</b><br>6:15-7:00 PM<br>Mel   Studio<br>Easton   |   | <b>Cycle &amp; Core</b><br>6:15-7:00 PM<br>Kate R.   Studio<br>Slate Belt                                 | <b>Aqua Blast</b><br>6:15- 7:00 PM<br>Irene   Pool<br>Bethlehem                |  |   |                 |
| <b>Indoor Cycling</b><br>6:30-7:15 PM<br>Mike/Haley   Studio<br>Nazareth  |   | <b>Yoga</b><br>7:00-8:00 PM<br>Katie   Studio<br>Nazareth   |  |  |   |                 |
|   |   | <b>Total Body Strength</b><br>7:15-8:00PM<br>Tanya   Ct. #1<br>Bethlehem                                  |  |  |   |                 |
| <div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <b>Easton/Phillipsburg Branch</b><br/> <b>Stay &amp; Play Hours:</b><br/>                     Monday-Friday 8:45AM-11:AM<br/>                     Monday-Thursday 5:00PM-7:30PM<br/>                     Saturday 8:30AM-12:30PM                 </div> <div style="width: 30%;"> <b>Nazareth</b><br/> <b>Stay &amp; Play Hours:</b><br/>                     Monday-Friday 8:30AM-11:30AM<br/>                     Monday-Thursday 5:00-7:30PM<br/>                     Saturday 8:30AM-12:30PM                 </div> <div style="width: 30%;"> <b>Slate Belt</b><br/> <b>Stay &amp; Play Hours:</b><br/>                     Monday-Friday 8:00AM-11:00AM<br/>                     Monday-Thursday 5:00-7:30PM<br/>                     Saturday 8:30AM-12:30PM                 </div> </div> |   |   |  |  |   |                 |
|   |  | <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 WellIness 24/7</a> for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!</p> |                 |
|   |   |   |  |  |   | Updated 4/10/25 |

**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.