



River Crossing YMCA | Nazareth
Group Exercise Schedule April 28-May 31

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 8:30-9:15 AM Kelly C/Mike Studio	Seated Strength & Balance 7:30 -8:15 AM Tanya Studio	Silver Sneakers Classic 7:30 -8:15 AM Jennifer Studio	Silver Sneakers Classic 7:30 -8:15 AM Jennifer Studio	Silver Sneakers Classic 7:30 -8:15 AM Jennifer Studio	Muscle Max 8:00-9:00 AM Kelly K Studio	NEW! Cycle 9:15-10:00 AM Terri/Sarah Studio (starting 5/11)
NEW! Yoga Fusion 9:30-10:15 AM Jessica Studio	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 Rotation Studio	Cycle & Sculpt 8:30-9:30 AM Rose Studio	NEW! CIRCL Mobility™ 9:15-10:00 AM Mel Studio	
	Aqua Tone & Stretch 9:00- 10:00 AM Lili Pool		Aqua Tone & Stretch 9:00-10:00 AM Lili Pool			
	NEW DAY! Silver Splash 10:15-11:15 AM Lili Pool		Seated Strength & Balance 10:00-10:45 AM Mel Studio			
			NEW DAY! Silver Splash 10:15-11:15 AM Lili Pool			

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 Terri Studio	Cycle 6:00-6:45 PM Mike/Rose/Sarah Studio	Total Strength 6:00-6:45 PM Sarah Studio			
		Yoga 7:00-8:00 PM Katie Studio				
					<p>Group Exercise Schedule Group exercise classes are included in membership. Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is limited.</p> <p>Nazareth Stay & Play Hours: Monday-Friday 8:30AM-11:30AM Monday-Thursday 5:00-7:30PM 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 Schedules or scan the QR Code.</p>			 <p>Visit us on Y Wellness 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!</p>		
						Updated 4/21/25