

RIVER CROSSING YMCA | Fairless Hills
Group Exercise Schedule
August 2024

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 6:00-6:45 AM Susan Studio 3	Spin 6:00-6:45 AM Roe Studio 3	Aqua Deep Water 8:00-8:45 AM Audrey Pool	Spin 6:00-6:45 AM Roe Studio 3	Trim & Tone 6:00-6:45 AM Roe Studio 1	Aqua Zumba 8:00-8:45 AM Betsy Pool	Yoga 8:00-9:00 AM Lindsay Studio 2
Aqua Deep Water 8:00-8:45 AM Audrey Pool	Aqua Aerobics 8:00-8:45 AM Carl Pool	Aqua Aerobics 9:00-9:45 AM Audrey Pool	Aqua Aerobics 8:00-8:45 AM Carl Pool	Aqua Deep Water 8:00-8:45 AM Audrey Pool	Spin 8:15-9:00 AM Lisa R Studio 3 (Heart Rate Training Class)	Spin 8:15-9:00 AM Brooke Studio 3
Barbell Strength 8:15-9:00 AM Glady Studio 1	Low Impact Aerobics 8:15-9:00 AM Loretta Studio 1	Strength & Sculpt Express 8:15-8:45 AM Domenica Studio 1	Strength & Sculpt 8:30-9:15 AM Loretta Studio 1	Bootcamp 8:15-9:00 AM Glady Studio 1 (Heart Rate Training class)	Yoga 9:15-10:00 AM Vicki Studio 2	Zumba® 9:30-10:15 AM Johana Studio 1
Aqua Aerobics 9:00-9:45 AM Audrey Pool	Aqua Interval 9:00-9:45 AM Carl Pool	Silver Sneakers Yoga 9:00-9:45 AM Betsy Studio 1	Aqua Interval 9:00-9:45 AM Carl Pool	Aqua Aerobics 9:00-9:45 AM Audrey Pool	Circuit 9:15-10:00 AM Betsy Studio 1	
SilverSneakers® Circuit 9:00-9:45 AM Roe Falls Township Senior Center	Interval Training 9:30-10:15 AM Lisa Studio 1	Spin 9:15-10:00 AM Domenica Studio 3	Low Impact Aerobics 9:30-10:15 AM Loretta Studio 1	Spin 9:15-10:00 AM Kristin Studio 3	Zumba® 10:15-11:00 AM Instructor Rotation Studio 1	
Strength & Sculpt 9:15-10:00 AM Lisa Studio 1	Zumba® 9:30-10:15 AM Lauren Studio 2	Zumba Gold® 10:00-10:45 AM Betsy Studio 1	Yoga 9:30-10:30 AM Elda Studio 2	Strength & Sculpt 9:15-10:00 AM Lisa Studio 1		
Spin 9:15-10:00 AM Glady Studio 3	Barre 10:30-11:15 AM Glady Studio 1	Pilates 10:15-11:00 AM Domenica Studio 2	Tai Chi/QiGong 10:30-11:30 AM Arlette Studio 1	SilverSneakers® Circuit 9:30-10:15 AM Loretta Falls Township Senior Center		
Yoga 9:15-10:00 AM Lindsay Studio 2	SilverSneakers® Splash 11:30-12:15 PM Glady Pool	Silver Sneakers Yoga 11:00-11:45 AM Betsy Studio 1		Pilates 10:30-11:15 AM Domenica Studio 2		
SilverSneakers® Classic 10:00-10:45 AM Roe Falls Township Senior Center	Tai Chi/Qigong 12:00-1:00 PM Arlette Studio 1			SilverSneakers® Classic 10:30-11:15 AM Glady Studio 1		
Pilates 10:15-11:00 AM Instructor Rotation Studio 2				SilverSneakers® Classic 11:30-12:15 PM Loretta Studio 1		
SilverSneakers® Classic 10:30-11:15 AM Glady Studio 1				Yoga 12:30-1:15 PM Lindsay Studio 1 (new start time)		
Chair Yoga 11:30-12:15 PM Loretta Studio 1						

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spartan Training 6:00-6:45 PM Jamie Studio 1	Yoga 5:30-6:30 PM Jeanine Studio 2	Zumba® 5:30-6:15 PM Leanne Studio 1	Spartan Training 6:00-6:45 PM Jamie Studio 1	Zumba® 6:00-6:45 PM Bridget Studio 1		
Zumba® 6:00-6:45 PM Leanne Studio 2	Zumba® 6:30-7:15 PM Bridget Studio 1	Strength & Sculpt 6:30-7:15 PM Kymberlee Studio 1 (Heart Rate Training Class)	Kickboxing 7:00-7:45 PM Jamie Studio 1		Fairless Hills Group Exercise Schedule Group exercise classes are included in your membership.	
Kickboxing 7:00-7:45 PM Jamie Studio 1	Spin 6:30-7:15 PM Lisa Studio 3	Yoga 7:30-8:15 PM Lindsay Studio 1	Yoga 7:15-8:00 PM Vicki Studio 2		Fairless Hills Stay & Play Hours: Monday - Thursday 8:30AM-11:30AM Monday - Thursday 4:30PM-7:30PM Friday 8:30AM-11:30AM Saturday 8:30AM-12:00PM	
	Pilates 7:00-7:45 PM Domenica Studio 2					
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

Highlighted items indicate a change in class format or time.
 Please check ymcabucks.org 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!

QR Code to schedules



Updated 7/24/24