

**River Crossing YMCA | Nazareth
Group Exercise Schedule August 2024**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Smash-Up Total Body 7:30- 8:15 AM Terri/Hayley Studio	AOA Fitness 7:30 -8:15 AM Susan Studio	AOA Fitness 7:30 -8:15 AM Susan Studio	AOA Fitness 7:30 -8:15 AM Susan Studio	AOA Fitness 7:30 -8:15 AM Susan Studio	Muscle Max 8:00-9:00 AM Kelly K Studio	
Indoor Cycling 8:30- 9:15 AM Variety Instructor Studio	HIIT 8:30-9:30 AM Kelly K Studio	Muscle Max 8:30-9:15 AM Kelly C Studio	Low Impact Total Body 8:30-9:15am Terri Studio	Spinnervals 8:30 - 9:30 AM Rose Studio	Indoor Cycling 9:15 - 10:00 AM Rose/Terri Studio	
ReFit® 9:30- 10:15 AM Cynthia Studio	AOA Fitness 10:00-10:45 AM Susan Studio		AOA Beginner Chair 10:00 - 10:45 AM Susan Studio	AOA Yoga (Not Chair Yoga) 9:45 - 10:30 AM Mel Studio	Zumba® 10:15-11:00 AM Justine Studio	
	Stretch & Flex 11:00-12:00 AM Susan Studio		Stretch & Flex 11:00-12:00 AM Susan Studio			
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Core Focus Together 5:30 - 6:15pm Deb C Studio	Intro Beginner Cycling 5:15 - 5:45 pm Rose Studio	Zumba® 5:00 -5:45 PM Justine Studio				
Indoor Cycling 6:30- 7:15 PM Mike/Hayley Studio	Pump It 6:00 - 6:45 PM Laura Studio	Indoor Cycling 6:00 - 6:45 PM Variety Instructor Studio	Fitness Sampler 6:00 - 6:45 PM Sarah L Studio			
		Core Cardio Yoga 7:00 - 8:00 PM Katie Studio				
					<p>Nazareth Group Exercise Schedule</p> <p>Group exercise classes are included in your membership. Registration required for all group exercise classes through the website or by visiting the Welcome Center</p> <p>Nazareth Branch Stay & Play Hours:</p> <p>Monday-Friday: 8:30AM-11:00AM Monday-Thursday: 5:00-7:30PM Saturday: 9:00AM-11:00AM</p>	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

Highlighted items indicate a change in class format or time.

Please check gv-ymca.org.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!

Updated 7/25/24