

RIVER CROSSING YMCA | Quakertown
Group Exercise Schedule
August 2024 Modified Schedule 9/2 - 9/8

"We're here for you."

DAYTIME CLASSES						
Monday 9/2	Tuesday 9/3	Wednesday 9/4	Thursday 9/5	Friday 9/6	Saturday 9/7	Sunday 9/8
CLOSED LABOR DAY	Strength & Flow 5:30-6:15 AM Steph Aux. Gym	HIIT 5:30-6:15 AM Steph Aux. Gym	Kettlebell 5:30-6:15 AM Tara Aux. Gym	Interval 8:00-8:45 AM Megan Aux. Gym	Total Body Conditioning 8:00-8:45 AM Jenna Aux. Gym	HIIT 7:30-8:15 AM Steph Aux. Gym
	Interval 8:15-9:00 AM Karen Aux. Gym	BodyPump™ 8:00-8:45 AM Karen Aux. Gym	BodyCombat™ 8:15-9:00 AM Karen Aux. Gym	Strength & Sculpt 9:30-10:15 AM Megan Aux. Gym	Barre Express 9:00-9:30 AM Jenna Aux. Gym	Yoga 8:30-9:30 AM Steph Studio Y
	BodyPump™ 9:15-10:00 AM Nicole Aux. Gym	Booty Boot Camp 9:30-10:15 AM Megan Studio Y Virtual Live	Zumba® 9:15-10:00 AM Karen Aux. Gym	SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live		
	Y Circuit Class 9:30-10:15 AM Tara Y Circuit Room	Spin 10:30-11:15 AM Kristen Studio Y	Y Circuit Class 10:00-10:45AM Kristen Y Circuit Room			
	Spin 9:45-10:30 AM Kristen Studio Y Virtual Live	Stretch & Balance 11:00-11:45 AM Megan Gym Virtual Live	BodyPump Express™ 10:15-10:45 AM Nicole Aux. Gym			
	SilverSneakers® Classic 11:00-11:45 AM Kristen Aux. Gym		SilverSneakers® Classic 11:00-11:45 AM Kristen Aux. Gym			

EVENING CLASSES						
Monday 9/2	Tuesday 9/3	Wednesday 9/4	Thursday 9/5	Friday 9/6	Saturday 9/7	Sunday 9/8
CLOSED LABOR DAY	Zumba® 5:30-6:15 PM Lisa Aux. Gym	BodyPump™ 5:30-6:15 PM Megan Aux. Gym	BodyCombat™ 5:30-6:15 PM Karen Aux. Gym			
	HIIT 6:30-7:00 PM Laura Studio Y	Y Circuit Class 6:30-7:15 PM Tara Y Circuit Room	Pilates 6:30-7:15 PM Karen Aux. Gym		<u>Quakertown Branch Stay & Play Hours:</u> Monday-Thursday 9:30AM-12:30PM Monday-Thursday 5:00-7:30PM Friday 9:30AM-12:30PM Saturday 9:30AM-12:30PM <u>Quakertown Group Exercise Schedule</u> Group exercise classes are included in your membership.	
	Yoga 7:30-8:30 PM Rick Studio Y					

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
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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!

Updated 8/21/24