



River Crossing YMCA | Allentown
Group Exercise Schedule
July

"We're here for you."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Total Body Strength 8:30-9:15AM Deb Studio B		Total Body Strength 8:30-9:15AM Deb Studio B	SHiNE DANCE FITNESS 10:00-10:45AM Deb Studio B	Interval Inferno 8:30-9:15AM Mercy Studio B		
			NEW! Cardio Kickboxing 6:30-7:15PM Mercy Studio B (starting 7/10)	Chair Yoga 9:30-10:15AM Mercy Studio B		
					Group Exercise Schedule Group exercise classes are included in your hip.	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	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 6/25/25