River Crossing YMCA | Suburban North
Group Exercise Schedule
July

"We're here for you."

DAYTIME CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Low Impact Movement & Strength 9:15-10:00 AM Diane | Studio I	**Muscle Max** 8:15-9:00 AM Susan | Studio I	**Low Impact Movement & Strength** 9:15-10:00 AM Diane | Studio I	**Muscle Max** 8:15-9:00 AM Susan | Studio I	**SHiNE DANCE FITNESS** 8:15-9:00 AM Susan | Studio I	**Total Body Strength** 9:00-9:45 AM Deb | Studio I	
Low Impact Movement & Strength 10:15-11:00 AM Diane | Studio I	**Silver Sneakers Classic** 9:30-10:15 AM Jennifer | Studio I	**Low Impact Movement & Strength** 10:15-11:00 AM Diane | Studio I	**Silver Sneakers Classic** 10:30-11:15 AM Jennifer | Studio I	**Yoga** 9:15-10:00 AM Susan | Studio I		
	Low Impact Movement & Strength 10:30-11:15 AM Diane | Studio I			**Silver Sneakers Yoga** 10:15-11:00 AM Susan | Studio I		

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SHiNE DANCE FITNESS 6:00-6:45 PM Susan | Studio I	**Cycle** 6:00-6:45 PM Jennifer | Studio I		**Cycle** 6:00-6:45 PM Jennifer | Studio I		

Suburban North Group Exercise Schedule

s are included in your membership.

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
		For the most current class information please visit Schedules or scan the QR Code.			**Visit us on Y Wellness 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!**	Updated 6/25/25