



**River Crossing YMCA | Suburban North
Group Exercise Schedule
August**

"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			
					<u>Suburban North Group Exercise Schedule</u> 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 Wellnes 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!			
Updated 7/23/25						