

River Crossing YMCA | Allentown
Group Exercise Schedule
August Modified Schedule 8/25 - 8/31

"We're here for you."

Monday 8/25		Tuesday 8/26		Wednesday 8/27		Thursday 8/28		Friday 8/29		Saturday 8/30		Sunday 8/31	
<div>Total Body Strength</div> <div>8:30AM-9:15AM</div> <div>Deb Studio B</div>				<div>Total Body Strength</div> <div>8:30AM-9:15AM</div> <div>Deb Studio B</div>		<div>Shine Dance Fitness</div> <div>10:00AM-10:45AM</div> <div>Deb Studio</div>		<div>Interval Inferno</div> <div>8:30AM-9:15AM</div> <div>Mercy Studio B</div>					
				<div>Cardio Kickboxing</div> <div>6:30PM-7:15PM</div> <div>Mercy Studio B</div>		<div>Chair Yoga</div> <div>9:30AM-10:15AM</div> <div>Mercy Studio B</div>							
										<div>Group Exercise Schedule</div> <div>Group exercise classes are included in mbership.</div>			
Cardio/Endurance		Strength/Bodywork		Dance		Mind/Body		Senior/Adapted					

Please check ymcarivercrossing.org/schedules 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
8/20/25