

River Crossing YMCA | Allentown
Group Exercise Schedule
September Modified 9/1-9/7

"We're here for you."

Monday 9/1		Tuesday 9/2		Wednesday 9/3		Thursday 9/4		Friday 9/5		Saturday 9/6		Sunday 9/7	
	CLOSED LABOR DAY				Total Body Strength 8:30AM-9:15AM Deb Studio B		Shine Dance Fitness 10:00AM-10:45AM Deb Studio		Interval Inferno 8:30AM-9:15AM Mercy Studio B		Group Exercise Schedule Group exercise classes are included in mbership.		
							Cardio Kickboxing 6:30PM-7:15PM Mercy Studio B		Chair Yoga 9:30AM-10:15AM Mercy Studio B				
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