

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

"We're here for you."

DAYTIME CLASSES						
Monday 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29	Saturday 8/30	Sunday 8/31
Low Impact Movement & Strength 9:15-10:00 AM Diane B Studio I	Low Impact Movement & Strength 10:30-11:15 AM Diane B Studio I	Low Impact Movement & Strength 9:15-10:00 AM Diane B Studio I			Total Body Strength 9:00-9:45 AM Deb Studio I	
Low Impact Movement & Strength 10:15-11:00 AM Diane B Studio I		Low Impact Movement & Strength 10:15-11:00 AM Diane B Studio I				
EVENING CLASSES						
Monday 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29	Saturday 8/30	Sunday 8/31
					<u>Suburban North Group Exercise Schedule</u> Group exercise classes are included in your membership.	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	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