



River Crossing YMCA | Allentown
Group Exercise Schedule
September

"We're here for you."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Total Body Strength 8:30-9:15AM Deb Studio B		Total Body Strength 8:30-9:15AM Deb Studio B	SHiNE DANCE FITNESS 10:00-10:45AM Deb Studio E			
			HIIT Revolution 6:30-7:15PM Deb Studio B			
					Group Exercise Schedule Group exercise classes are included in your hip.	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	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 9/4/25