



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

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Low Impact Movement &amp; Strength</b> 9:15-10:00 AM Diane   Studio I	<b>Muscle Max</b> 8:15-9:00 AM Susan   Studio I	<b>Low Impact Movement &amp; Strength</b> 9:15-10:00 AM Diane   Studio I	<b>Muscle Max</b> 8:15-9:00 AM Susan   Studio I	<b>SHiNE DANCE FITNESS</b> 8:15-9:00 AM Susan   Studio I	<b>Total Body Strength</b> 9:00-9:45 AM Deb   Studio I	
<b>Low Impact Movement &amp; Strength</b> 10:15-11:00 AM Diane   Studio I	<b>Low Impact Movement &amp; Strength</b> 10:30-11:15 AM Diane   Studio I	<b>Low Impact Movement &amp; Strength</b> 10:15-11:00 AM Diane   Studio I	<b>Low Impact Movement &amp; Strength</b> 10:30-11:15 AM Diane   Studio I		<b>Yoga</b> 9:15-10:00 AM Susan   Studio I	
				<b>Silver Sneakers Yoga</b> 10:15-11:00 AM Susan   Studio I		

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SHiNE DANCE FITNESS</b> 6:00-6:45 PM Susan   Studio I						
					<b>Suburban North Group Exercise Schedule</b> s are included in your membership.	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
		For the most current class information please visit <a href="#">Schedules</a> or scan the QR Code.			Visit us on <a href="#">Y.Wellness 24/7</a> for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!	Updated 9/26/25