

## River Crossing YMCA | Allentown Group Exercise December 1-21st Schedule

**"We're here for you."**

| MONDAY                                                            | TUESDAY                                                                                                                                                                                                   | WEDNESDAY                                                         | THURSDAY                                                                           | FRIDAY                                                                                                                                                                                                                                     | SATURDAY                                                                                       | SUNDAY |
|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------|
| <div>Total Body Strength<br/>8:30-9:15AM<br/>Deb   Studio B</div> |                                                                                                                                                                                                           | <div>Total Body Strength<br/>8:30-9:15AM<br/>Deb   Studio B</div> | <div>SHiNE DANCE FITNESS<br/>10:00-10:45AM<br/>Deb   Studio E</div>                |                                                                                                                                                                                                                                            |                                                                                                |        |
|                                                                   |                                                                                                                                                                                                           |                                                                   | <div>HIIT Revolution<br/>5:30-6:15PM<br/>Deb   Studio B<br/>(new start time)</div> |                                                                                                                                                                                                                                            |                                                                                                |        |
|                                                                   |                                                                                                                                                                                                           |                                                                   |                                                                                    |                                                                                                                                                                                                                                            | <div><b>Group Exercise Schedule</b><br/>Group exercise classes are included in your hip.</div> |        |
| Cardio/Endurance                                                  | Strength/Bodywork                                                                                                                                                                                         | Dance                                                             | Mind/Body                                                                          | Senior/Adapted                                                                                                                                                                                                                             |                                                                                                |        |
|                                                                   | <div><div>For the most current class information please visit <a href="#">Schedules</a> or scan the QR Code.</div></div> |                                                                   |                                                                                    | <div><div>Visit us on <a href="#">Y Wellness 24/7</a> for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!</div></div> |                                                                                                |        |
| Updated 11/25/25                                                  |                                                                                                                                                                                                           |                                                                   |                                                                                    |                                                                                                                                                                                                                                            |                                                                                                |        |