

River Crossing YMCA | Allentown

Group Exercise Schedule

December 2025 Modified Schedule 12/22 - 12/28

"We're here for you."

Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27	Sunday 12/28
Total Body Strength 8:30AM-9:15AM Deb Studio B		Total Body Strength 8:30AM-9:15AM Deb Studio B	CLOSED		<p><u>Group Exercise Schedule</u> Group exercise classes are included in membership.</p>	
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
12/11/25