

River Crossing YMCA | Allentown

Group Exercise Schedule

December 2025 Modified Schedule 12/29 - 1/4

"We're here for you."

Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4
Total Body Strength 8:30AM-9:15AM Deb Studio B		Total Body Strength 8:30AM-9:15AM Deb Studio B	Shine Dance Fitness 10:00AM-10:45AM Deb Studio E		Group Exercise Schedule Group exercise classes are included in membership.	
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