



**River Crossing YMCA | Allentown**  
**Group Exercise**  
**January 5th-31st Schedule**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Total Body Strength</b> 8:30-9:15AM Deb   Studio B	<b>NEW!</b> <b>Low Impact Aerobics</b> 10:00-10:45AM Deb   Studio B	<b>Total Body Strength</b> 8:30-9:15AM Deb   Studio B	<b>SHINE DANCE FITNESS</b> 10:00-10:45AM Deb   Studio E		<b>NEW!</b> <b>Total Body Strength</b> 9:00-9:45 AM Deb   Studio B	
<b>NEW!</b> <b>Low Impact Movement &amp; Strength</b> 10:00-10:45AM Jen   Studio B		<b>NEW!</b> <b>Stretch &amp; Balance</b> 10:00-10:45AM Jen   Studio B	<b>HIIT Revolution</b> 5:30-6:15PM Deb   Studio B			
					<b>Group Exercise Schedule</b> Group exercise classes are included in hip.	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Senior/Adapted		
	 <p>For the most current class information please visit <a href="#">Schedules</a> or scan the QR Code.</p>			 <p>Visit us on <a href="#">Y Wellness 24/7</a> for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!</p>		Updated 12/23/26