

River Crossing YMCA | Suburban North
 Group Exercise
 December 2025 Modified Schedule 12/22-12/28

"We're here for you."

DAYTIME CLASSES						
Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27	Sunday 12/28
Low Impact Movement & Strength 9:15-10:00 AM Diane B Studio I	Muscle Max 8:15-9:00 AM Susan Studio I		CLOSED		Total Body Strength 9:00-9:45 AM Deb Studio I	
Low Impact Movement & Strength 10:15-11:00 AM Diane B Studio I	Low Impact Movement & Strength 10:30-11:15 AM Jennifer Studio I					
EVENING CLASSES						
Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27	Sunday 12/28
Shine Dance Fitness 6:00-6:45 PM Susan Studio I		CLOSED	CLOSED		<u>Suburban North Group Exercise Schedule</u> Group exercise classes are included in your membership.	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	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