

River Crossing YMCA | Suburban North
Group Exercise
December 2025 Modified Schedule 12/29-1/4

"We're here for you."

DAYTIME CLASSES						
Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4
<div>Low Impact Movement & Strength</div> <div>9:15-10:00 AM</div> <div>Diane B Studio I</div>	<div>Muscle Max</div> <div>8:15-9:00 AM</div> <div>Susan Studio I</div>	<div>Low Impact Movement & Strength</div> <div>9:15-10:00 AM</div> <div>Diane B Studio I</div>		<div>Shine Dance Fitness</div> <div>8:15-9:00 AM</div> <div>Susan Studio I</div>	<div>Total Body Strength</div> <div>9:00-9:45 AM</div> <div>Deb Studio I</div>	
<div>Low Impact Movement & Strength</div> <div>10:15-11:00 AM</div> <div>Diane B Studio I</div>	<div>Low Impact Movement & Strength</div> <div>10:30-11:15 AM</div> <div>Jennifer Studio I</div>	<div>Low Impact Movement & Strength</div> <div>10:15-11:00 AM</div> <div>Diane B Studio I</div>		<div>Yoga</div> <div>9:15-10:00 AM</div> <div>Susan Studio I</div>		
EVENING CLASSES						
Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4
<div>Shine Dance Fitness</div> <div>6:00-6:45 PM</div> <div>Susan Studio I</div>		CLOSED	CLOSED		<div>Suburban North Group Exercise Schedule</div> <div>Group exercise classes are included in your membership.</div>	
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