



River Crossing YMCA | Allentown
Group Exercise
February Schedule

"We're here for you."

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Total Body Strength 8:30-9:15AM Deb Studio B		Low Impact Aerobics 10:00-10:45AM Deb Studio B		Total Body Strength 8:30-9:15AM Deb Studio B		SHiNE DANCE FITNESS 10:00-10:45AM Deb Studio E				Total Body Strength 9:00-9:45 AM Deb Studio B	
Low Impact Movement & Strength 10:00-10:45AM Jen Studio B		NEW! Circuit 5:30-6:15PM Jen K Studio B		Stretch & Balance 10:00-10:45AM Jen Studio B		HIIT Revolution 5:30-6:15PM Deb Studio B					
										Group Exercise Schedule Group exercise classes are included in hip.	
Cardio/Endurance		Strength/Bodywork		Dance		Mind/Body		Senior/Adapted			
				For the most current class information please visit Schedules or scan the QR Code.						Visit us on Y Wellness 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!	
										Updated 1/26/26	