



**River Crossing YMCA | Allentown
Group Exercise
May Schedule**

"We're here for you."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Total Body Strength 8:30-9:15AM Deb Studio E	Low Impact Aerobics 10:00-10:45AM Deb Studio B	Total Body Strength 8:30-9:15AM Deb Studio E	SHINE DANCE FITNESS 10:00-10:45AM Deb Studio E	**NEW!** Yoga / Pilates Fusion 10:30-11:15AM Rob Studio B	Total Body Strength 9:00-9:45 AM Deb Studio E
New Format! Stretch & Balance 10:00-10:45AM Jen Studio B	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	**NEW!** Tai Chi 11:30-12:15PM Rob 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!
					4/28/26