

**River Crossing YMCA | Allentown  
Group Exercise Schedule  
September 2024**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Body Works</b> 8:15am-9:15am Deb   Studio B	<b>Power Circuit</b> 9:45am-10:45am Deb   Studio B	<b>Body Works</b> 8:15am-9:15am Deb   Studio B	<b>Yoga</b> 10:00am-10:45am Deb   Studio B	<b>Cardio Dance</b> 8:00am-8:45am Mercy   Studio B		<b>Shine Dance</b> 8:15am-9:15am Deb   Studio B
<b>AOA Total Body</b> 10:15am-11:00am Dorothy   Studio B	<b>Shine Dance</b> 11:00am-12:00pm Deb   Studio B		<b>AOA Classic</b> 11:00am-11:45am Deb   Studio	<b>Tabata</b> 8:45am-9:30am Mercy   Studio B		
				<b>Chair Yoga</b> 9:30am-10:15am Mercy   Studio B		
				<b>AOA Total Body</b> 10:15am-11:00am Dorothy   Studio B		
					<p><b>Group Exercise Schedule</b> Group exercise classes are included in your membership. Registration required for all group exercise classes through the website or by visiting the Welcome Center as space is limited.</p>	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body			

[Please check gv-ymca.org.org](https://gv-ymca.org.org) 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 8/20/24