

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

"We're here for you."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Works 8:15am-9:15am Deb Studio B	Power Circuit 9:45am-10:45am Deb Studio B	Body Works 8:15am-9:15am Deb Studio B	Yoga 10:00am-10:45am Deb Studio B	Cardio Dance 8:00am-8:45am Mercy Studio B		Shine Dance 8:15am-9:15am Deb Studio B
AOA Total Body 10:15am-11:00am Dorothy Studio B	Shine Dance 11:00am-12:00pm Deb Studio B		AOA Classic 11:00am-11:45am Deb Studio	Tabata 8:45am-9:30am Mercy Studio B		
				Chair Yoga 9:30am-10:15am Mercy Studio B		
				AOA Total Body 10:15am-11:00am Dorothy Studio B		
					<p>Group Exercise Schedule 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	Senior/Adapted		

[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 09/26/24