

**River Crossing YMCA | Allentown  
Group Exercise Schedule  
December 1st-22nd 2024**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Total Body Strength</b> 8:15AM-9:15AM Deb   Studio B	<b>Total Body Conditioning</b> 9:45AM-10:45AM Deb   Studio B	<b>Total Body Strength</b> 8:15AM-9:15AM Deb   Studio B	<b>AOA Classic 10:00AM-10:45AM</b> Deb   Studio	<b>Interval Inferno</b> 8:45AM-9:30AM Mercy   Studio B		
<b>Total Body Conditioning</b> 10:15AM-11:00AM Dorothy   Studio B	<b>Shine Dance</b> 11:00AM-12:00PM Deb   Studio B		<b>Gentle Yoga 11:00AM-11:45AM</b> Deb   Studio B	<b>Chair Yoga</b> 9:30AM-10:15AM Mercy   Studio B		
	<b>Shine Dance</b> 6:30PM-7:15PM Deb   Studio B			<b>Total Body Conditioning</b> 10:15AM-11:00AM Dorothy   Studio B		
					<p><b>Group Exercise Schedule</b> Group exercise classes are included in 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		
<p>Please check <a href="http://ymcarivercrossing.org/schedules">ymcarivercrossing.org/schedules</a> 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!</p>						Updated 11/25/24