

**River Crossing YMCA | Suburban North  
Group Exercise Schedule November 2024**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Muscle Max</b> 8:15-9:00 AM Susan G   Studio I		<b>Muscle Max</b> 8:15-9:00 AM Susan G   Studio I	<b>SHINE DANCE FITNESS</b> 8:15-9:00 AM Susan G   Studio I		
<b>AOA Fitness</b> 9:15-10:00 AM Diane B   Studio I		<b>AOA Fitness</b> 9:15-10:00 AM Diane B   Studio I		<b>Yoga</b> 9:15 - 10:00 AM Susan G   Studio I		
	<b>AOA Fitness</b> 9:30-10:15 AM Patty O   Studio I		<b>Silver Sneakers Classic</b> 9:30-10:15 AM Patty O   Studio I		<b>Pilates</b> 11:00 - 11:45 AM Patty O.   Studio	
<b>AOA Fitness</b> 10:15-11:00 AM Diane B   Studio I		<b>AOA Fitness</b> 10:15-11:00 AM Diane B   Studio I		<b>Silver Sneakers Yoga Stretch</b> 10:15-11:00 AM Susan G   Studio I		
	<b>Silver Sneakers Classic</b> 10:30-11:00 AM Diane B   Studio I		<b>Silver Sneakers Classic</b> 10:30-11:00 AM Patty O   Studio I			
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SHINE DANCE FITNESS</b> 6:00-6:45 PM Susan G   Studio I		<b>Pilates</b> 5:00 - 5:45 PM Patty O.   Studio I	<b>Zumba</b> 5:30-6:15 PM Justine C  Studio I			
					<p><b>Suburban North 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>	
					<p><b>Suburban North Branch Stay &amp; Play Hours:</b> Tuesday-Thursday 5:00PM-7:00PM Sunday 12:15PM-2:15PM</p>	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

Highlighted items indicate a change in class format or time.

Please check [ymcarivercrossing.org/schedules](http://ymcarivercrossing.org/schedules) 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 10/31/24