

**River Crossing YMCA | Suburban North
Group Exercise Schedule January 2nd-31st 2025**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Muscle Max 8:15-9:00 AM Susan G Studio I		Muscle Max 8:15-9:00 AM Susan G Studio I	SHiNE DANCE FITNESS 8:15-9:00 AM Susan G Studio I	NEW! Express Cycle 8:30-9:00 AM Jennifer Studio I	
AOA Fitness 9:15-10:00 AM Diane B Studio I		AOA Fitness 9:15-10:00 AM Diane B Studio I		Yoga 9:15 - 10:00 AM Susan G Studio I	NEW! Total Body Strength 9:15-10:00 AM Jennifer Studio I	
	Silver Sneakers Classic 9:30-10:15 AM Jennifer Studio I		Silver Sneakers Classic 9:30-10:15 AM Jennifer Studio I			
AOA Fitness 10:15-11:00 AM Diane B Studio I		AOA Fitness 10:15-11:00 AM Diane B Studio I		Silver Sneakers Yoga Stretch 10:15-11:00 AM Susan G Studio I		
	Silver Sneakers Classic 10:30-11:00 AM Diane B Studio I		Silver Sneakers Classic 10:30-11:15 AM Jennifer Studio I			
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SHiNE DANCE FITNESS 6:00-6:45 PM Susan G Studio I	NEW! Cycle 6:00-6:45 PM Jennifer Studio I		Zumba 5:30-6:15 PM Justine C Studio I			
					<u>Suburban North Group Exercise Schedule</u> Group exercise classes are included in your membership. Registration required for Aqua group exercise classes only through the website or by visiting the Welcome Center as space is limited.	
					<u>Suburban North Branch Stay & Play Hours:</u> Tuesday-Thursday 5:00PM-7:00PM Sunday 12:15PM-2:15PM	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

Please check 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 12/23/25