

**River Crossing YMCA | Allentown
Group Exercise Schedule
February**

"We're here for you."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Total Body Strength 8:30AM-9:15AM Deb Studio B (new class time)		Total Body Strength 8:30AM-9:15AM Deb Studio B (new class time)	Gentle Yoga 9:30AM-10:15AM Deb Studio B (new class time)	Interval Inferno 8:45AM-9:30AM Mercy Studio B		
				Chair Yoga 9:30AM-10:15AM Mercy Studio B		
					Group Exercise Schedule Group exercise classes are included in membership. Registration required for Aqua group exercise classes only through the website or by visiting the Welcome Center as space is limited.	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	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 1/30/25