

**River Crossing YMCA | Suburban North  
Group Exercise Schedule February**

"We're here for you."

**DAYTIME CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AOA Fitness</b> 9:15-10:00 AM Diane B   Studio I	<b>Muscle Max</b> 8:15-9:00 AM Susan G   Studio I	<b>AOA Fitness</b> 9:15-10:00 AM Diane B   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> 10:15-11:00 AM Diane B   Studio I	<b>Silver Sneakers Classic</b> 9:30-10:15 AM Jennifer   Studio I	<b>AOA Fitness</b> 10:15-11:00 AM Diane B   Studio I	<b>Silver Sneakers Classic</b> 10:30-11:15 AM Jennifer   Studio I	<b>Yoga</b> 9:15 - 10:00 AM Susan G   Studio I		
	<b>Silver Sneakers Classic</b> 10:30-11:15 AM Diane B   Studio I			<b>Silver Sneakers Yoga Stretch</b> 10:15-11:00 AM Susan G   Studio I		

**EVENING CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Cycle</b> 6:00-6:45 PM Jennifer   Studio I		<b>Cycle</b> 6:00-6:45 PM Jennifer   Studio I			
					<p><b>Suburban North Group Exercise Schedule</b> 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.</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	
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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 1/30/25