

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

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<b>Total Body Strength</b> 8:30AM-9:15AM Deb   Studio				<b>Total Body Strength</b> 8:30AM-9:15AM Deb   Studio B		<b>Gentle Yoga</b> 9:30AM-10:15AM Deb   Studio B		<b>Interval Inferno</b> 8:45AM-9:30AM Mercy   Studio B					
								<b>Chair Yoga</b> 9:30AM-10:15AM Mercy   Studio B					
										<b>Group Exercise Schedule</b> 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 <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!													
												Updated 2/24/25	