

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

"We're here for you."

DAYTIME CLASSES

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

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cycle 6:00-6:45 PM Jennifer Studio I		Cycle 6:00-6:45 PM Jennifer Studio I			
					<p>Suburban North Group Exercise Schedule</p> <p>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>Suburban North Branch Stay & Play Hours:</p> <p>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 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