



**River Crossing YMCA | Allentown  
Group Exercise Schedule  
April 28-May 31**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Total Body Strength</b> 8:30-9:15AM Deb   Studio B		<b>Total Body Strength</b> 8:30-9:15AM Deb   Studio B	<b>SHINE DANCE FITNESS</b> 10:00-10:45AM Deb   Studio B	<b>Interval Inferno</b> 8:30-9:15AM Mercy   Studio B		
				<b>Chair Yoga</b> 9:30-10:15AM Mercy   Studio B		
					<b>Group Exercise Schedule</b> Group exercise classes are included in your hip.	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Senior/Adapted		
		For the most current class information please visit <a href="#">Schedules</a> or scan the QR Code.			Visit us on <a href="#">Y Wellness 24/7</a> for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!	
						Updated 4/10/25