

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



"We're here for you."

DAYTIME CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AOA Fitness 9:15-10:00 AM Diane Studio I	Muscle Max 8:15-9:00 AM Susan Studio I	AOA Fitness 9:15-10:00 AM Diane Studio I	Muscle Max 8:15-9:00 AM Susan Studio I	SHiNE DANCE FITNESS 8:15-9:00 AM Susan Studio I	NEW! Total Body Strength 9:00-9:45 AM Deb Studio I	
AOA Fitness 10:15-11:00 AM Diane Studio I	Silver Sneakers Classic 9:30-10:15 AM Jennifer Studio I	AOA Fitness 10:15-11:00 AM Diane Studio I	Silver Sneakers Classic 10:30-11:15 AM Jennifer Studio I	Yoga 9:15-10:00 AM Susan Studio I		
	Silver Sneakers Classic 10:30-11:15 AM Diane Studio I			Silver Sneakers Yoga 10:15-11:00 AM Susan Studio I		

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SHiNE DANCE FITNESS 6:00-6:45 PM Susan Studio I	Cycle 6:00-6:45 PM Jennifer Studio I		Cycle 6:00-6:45 PM Jennifer Studio I			
					Suburban North Group Exercise Schedule s are included in your membership.	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
		For the most current class information please visit Schedules or scan the QR Code.			Visit us on Y.Wellness 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!	
						Updated 4/10/25