

**River Crossing YMCA | Bethlehem**  
**Group Exercise Schedule**  
**September 2024**

"We're here for you."

| DAYTIME CLASSES  |  |  |  |  |  |        |
|--|--|--|--|--|--|--------|
| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY |
| <b>Indoor Cycling</b><br>6:15-7:00 AM<br>w/ Tanya<br>Ct. # 4 | <b>Core Strength</b><br>8:00-9:00AM<br>w/ Colleen<br>Aux Gym | <b>Low Impact Total Body</b><br>9:30-10:15 AM<br>w/ Tanya<br>Aux Gym | <b>Indoor Cycling</b><br>6:15-7:00 AM<br>w/ Tanya<br>Ct. #4              | <b>Fitness Fusion</b><br>9:30-10:15AM<br>w/ Tanya<br>Aux Gym | <b>HITT</b><br>8:30-9:15 AM<br>w/ Alt. Instructors<br>Aux Gym  |        |
| <b>Hydro</b><br>8:30-9:15AM<br>w/ Irene<br>Pool              | <b>AOA Aqua Fitness</b><br>9:30-10:15 AM<br>w/ Gill<br>Pool  | <b>AOA Fitness</b><br>10:30-11:15AM<br>w/ Maggie<br>Aux Gym          | <b>Core Strength</b><br>8:00-9:00 AM<br>w/ Colleen<br>Ct. #1             | <b>Belly Dance</b><br>10:30-11:15 AM<br>w/ Carmen<br>Ct. #1  | <b>Indoor Cycling</b><br>12:00-12:45PM<br>w/ Alt. Instructors<br>Ct. #4  |        |
| <b>AOA Fitness</b><br>9:30-10:15 AM<br>w/ Maggie<br>Aux Gym  | <b>AOA Yoga</b><br>10:00-10:45 AM<br>w/ Maggie<br>Aux Gym    | <b>Aqua Arthritis</b><br>10:30-11:15 AM<br>w/ FredPool               | <b>Hydro</b><br>8:30-9:15 AM<br>w/ Irene<br>Pool                         | <b>Aqua Arthritis</b><br>11:00-11:45 AM<br>w/ Fred<br>Pool   |  |        |
| <b>Aqua Arthritis</b><br>10:30-11:15AM<br>w/ Fred<br>Pool    | <b>Indoor Cycling</b><br>10:15-11:00AM<br>w/ Tanya<br>Ct. #4 |  | <b>AOA Yoga</b><br>9:30-10:15 AM<br>w/ Maggie<br>Aux Gym                 |  |  |        |
|  |  |  | <b>AOA Aqua Fitness</b><br>9:30-10:15 AM<br>w/ Gill<br>Pool              |  |  |        |
|  |  |  | <b>Indoor Cycling</b><br>10:15-11:00 AM<br>w/ Alt. Instructors<br>Ct. #4 |  |  |        |
| EVENING CLASSES  |  |  |  |  |  |        |
| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY |
| <b>Barre Fusion</b><br>5:45-6:30 PM<br>w/ Stacey<br>Ct. #1   |  | <b>Zumba</b><br>5:45-6:45 PM<br>w/ Nataliya<br>Ct. #1                | <b>Barre Fusion</b><br>5:45-6:30 PM<br>w/ Stacey<br>Ct. #1               |  |  |        |
| <b>Indoor Cycling</b><br>6:00-6:45 PM<br>w/ Jerry<br>Ct. #4  | <b>Aqua Blast</b><br>6:00 - 6:45 PM<br>w/ Irene<br>Pool      | <b>Indoor Cycling</b><br>6:00-6:45 PM<br>w/ Jerry<br>Ct. #4          | <b>Aqua Blast</b><br>6:00 - 6:45 PM<br>w/ Irene<br>Pool                  |  |  |        |
|  |  |  |  |  | <b>Bethlehem Group Exercise Schedule</b><br><u>Group exercise classes are included in your membership.</u><br><u>Registration required for all group exercise classes through the website or by visiting the Welcome Center as space is limited.</u> |        |

|                  |                   |       |           |          |                |  |
|------------------|-------------------|-------|-----------|----------|----------------|--|
| Cardio/Endurance | Strength/Bodywork | Dance | Mind/Body | Aquatics | Senior/Adapted |  |
|------------------|-------------------|-------|-----------|----------|----------------|--|

Highlighted items indicate a change in class format or time.

[Please check gv-ymca.org.org for updates and visit us on the Y Wellness 24/7 virtual platform](http://gv-ymca.org.org) for our live Virtual Group Exercise classes and hundreds of on-demand video content!

9/5/24