

River Crossing YMCA | Bethlehem
Group Exercise Schedule
September 2024

"We're here for you."

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

9/23/24