

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

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Indoor Cycling</b> 6:15-7:00 AM w/ Tanya Ct. # 4	<b>Core Strength</b> 8:00-9:00 AM w/ Colleen Aux Gym	<b>Low Impact Total Body</b> 9:30-10:15 AM w/ Tanya Aux Gym	<b>Indoor Cycling</b> 6:15-7:00 AM w/ Tanya Ct. #4	<b>Fitness Fusion</b> 9:30-10:15AM w/ Tanya Aux Gym	<b>HITT</b> 8:30-9:15 AM w/ Alt. Instructors Aux Gym	
<b>Hydro</b> 8:30-9:15AM w/ Irene Pool	<b>AOA Aqua Fitness</b> 9:30-10:15 AM w/ Gill Pool	<b>AOA Fitness</b> 10:30-11:15AM w/ Maggie Aux Gym	<b>Core Strength</b> 8:00-9:00 AM w/ Colleen Aux Gym	<b>Belly Dance</b> 10:30-11:15 AM w/ Carmen Ct. #1	<b>Indoor Cycling</b> 12:00-12:45PM w/ Alt. Instructors Ct. #4	
<b>AOA Fitness</b> 9:30-10:15 AM w/ Maggie Aux Gym	<b>AOA Yoga</b> 10:00-10:45 AM w/ Maggie Aux Gym	<b>Aqua Arthritis</b> 10:30-11:15 AM w/ Fred Pool	<b>Hydro</b> 8:30-9:15 AM w/ Irene Pool	<b>Aqua Arthritis</b> 11:00-11:45 AM w/ Fred Pool		
<b>Aqua Arthritis</b> 10:30-11:15AM w/ Fred Pool	<b>Indoor Cycling</b> 10:15-11:00AM w/ Tanya Ct. #4		<b>AOA Yoga</b> 9:30-10:15 AM w/ Maggie Aux Gym			
			<b>AOA Aqua Fitness</b> 9:30-10:15 AM w/ Gill Pool			

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Barre Fusion</b> 5:45-6:30 PM w/ Stacey Ct. #1	<b>NEW! Yoga</b> 5:30-6:30 PM w/ Nolan	<b>Zumba</b> 5:45-6:45 PM w/ Nataliya Ct. #1	<b>Barre Fusion</b> 5:45-6:30 PM w/ Stacey Ct. #1			
<b>Indoor Cycling</b> 6:00-6:45 PM w/ Jerry Ct. #4	<b>Aqua Blast</b> 6:15 - 7:00 PM w/ Irene Pool	<b>Indoor Cycling</b> 6:00-6:45 PM w/ Jerry Ct. #4	<b>Aqua Blast</b> 6:15- 7:00 PM w/ Irene Pool			
					<p><b>Bethlehem Group Exercise Schedule</b> Group exercise classes are included in your membership. Registration required for all group exercise classes through the website or by visiting the Welcome Center as space is limited.</p>	

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 [ymcarivercrossing.org/schedules](http://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!