River Crossing YMCA | Bethlehem
Group Exercise Schedule
January 2nd-31st 2025

"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** 8:00-9:00 AM w/ Colleen Aux Gym	**Low Impact Total Body** 9:30-10:15 AM w/ Alternating Instructor Aux Gym	**Indoor Cycling** 6:15-7:00 AM w/ Tanya Ct. #4	**Total Body Strength** 9:30-10:15AM w/ Tanya Aux Gym	**HITT** 8:30-9:15 AM w/ Tanya 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 Aux Gym	**Belly Dance** 10:30-11:15 AM w/ Carmen Ct. #1	**Indoor Cycling** 12:00-12:45PM w/ Jerry 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/ Fred Pool	**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 10:15-11:00AM w/ Jerry Ct. #4	t		

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Barre Fusion 5:45-6:30 PM w/ Stacey Ct. #1	**Yoga** 5:30-6:30 PM w/ Nolan	**Zumba** 5:45-6:45 PM w/ Nataliya Ct. #1	**Barre Fusion** 5:45-6:30 PM w/ Stacey Ct. #1			
	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	

Bethlehem Group Exercise Schedule

Group exercise classes are included in your membership.
Registration required for Aqua group exercise classes only through the website or by visting the Welcome Center as space is limited.

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

Please check 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!

Updated 12/23/25