

River Crossing YMCA | Bethlehem
Group Exercise Schedule
February

"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 11:00-11:45AM w/ Tanya Ct. #4 (new class time)		AOA Yoga 9:30-10:15 AM w/ Maggie Aux Gym			
			AOA Aqua Fitness 9:30-10:15 AM w/ Gill Pool			
			Indoor Cycling 11:00-11:45AM w/ Jerry Ct. #4 (new class time)			

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			
					<p>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 visiting the Welcome Center as space is limited.</p>	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
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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
1/30/25