

**River Crossing YMCA | Bethlehem**  
**Group Exercise Schedule**  
**April 28 - May 31**

"We're here for you."



**DAYTIME CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle</b> 6:15-7:00 AM Tanya   Ct. # 4	<b>Total Body Strength</b> 8:00-8:45 AM Colleen   Aux Gym	<b>NEW! Aqua Surge</b> 8:30-9:15 AM Deirdre   Pool	<b>Cycle</b> 6:15-7:00 AM Tanya   Ct. #4	<b>Total Body Strength</b> 9:30-10:15AM Tanya   Aux Gym	<b>HITT</b> 8:30-9:15 AM Tanya   Aux Gym	
<b>Hydro</b> 8:30-9:15AM Irene   Pool	<b>AOA Yoga</b> 10:00-10:45 AM Maggie   Aux Gym	<b>Low Impact Total Body</b> 9:30-10:15 AM Tanya/Colleen   Aux Gym	<b>Total Body Strength</b> 8:00-8:45 AM Ileen   Aux Gym	<b>NEW DAY! Aqua Fitness</b> 9:30-10:15 AM Gill   Pool	<b>Cycle</b> 11:00-11:45AM Jerry   Ct. #4	
<b>AOA Fitness</b> 9:30-10:15 AM Maggie   Aux Gym	<b>Cycle</b> 11:00-11:45AM Tanya   Ct. #4	<b>NEW DAY! Aqua Fitness</b> 9:30-10:15 AM Gill   Pool	<b>AOA Yoga</b> 9:30-10:15 AM Maggie   Aux Gym	<b>Belly Dance</b> 10:30-11:15 AM Carmen   Ct. #1		
<b>Aqua Arthritis</b> 10:30-11:15AM Fred   Pool		<b>AOA Fitness</b> 10:30-11:15AM Maggie   Aux Gym	<b>Cycle Express</b> 11:00-11:30AM Jerry   Ct. #4	<b>Aqua Arthritis</b> 10:30-11:15 AM Fred   Pool (new start time)		
		<b>Aqua Arthritis</b> 10:30-11:15 AM Fred   Pool				

**EVENING CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Barre Fusion</b> 5:45-6:30 PM Stacey   Ct. #1	<b>Aqua Blast</b> 6:15 - 7:00 PM Irene   Pool	<b>Zumba</b> 6:00-7:00 PM Nataliya   Ct. #1	<b>Barre Fusion</b> 5:45-6:30 PM Stacey   Ct. #1			
		<b>Total Body Strength</b> 7:15-8:00PM Tanya   Ct. #1	<b>Aqua Blast</b> 6:15- 7:00 PM Irene   Pool			

**Group Exercise Schedule**  
 are included in your membership.  
 Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is limited.

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted
		For the most current class information please visit <a href="#">Schedules</a> or scan the QR Code.			Visit us on <a href="#">Y Wellness 24/7</a> for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!