

## River Crossing YMCA | Bethlehem Group Exercise Schedule July

**"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>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 lleen   Aux Gym	<b>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>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		
		<b>Aqua Arthritis</b> 10:30-11:15 AM Fred   Pool				



## **EVENING CLASSES**

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>Barre Fusion</div> <div>5:45-6:30 PM</div> <div>Stacey   Ct. #1</div>	<div>Aqua Blast</div> <div>6:15 - 7:00 PM</div> <div>Irene   Pool</div>	<div>Zumba</div> <div>6:00-7:00 PM</div> <div>Nataliya   Ct. #1</div>	<div>Barre Fusion</div> <div>5:45-6:30 PM</div> <div>Stacey   Ct. #1</div>			
			<div>Aqua Blast</div> <div>6:15- 7:00 PM</div> <div>Irene   Pool</div>			

**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
	 <p>For the most current class information please visit <a href="#">Schedules</a> or scan the QR Code.</p>			 <p>Visit us on <a href="#">Y Wellnes</a> <a href="#">24/7</a> for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!</p>	
Updated 6/25/25					

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