

RIVER CROSSING YMCA | Bethlehem

AUXILIARY GYM SCHEDULE

SEPTEMBER 1 - SEPTEMBER 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	KEY
6:00 AM - 9:30 AM OPEN GYM	6:00 AM - 8:00 AM OPEN GYM	6:00 AM - 9:30 AM OPEN GYM	6:00 AM - 8:00 AM OPEN GYM	6:00 AM - 9:30 AM OPEN GYM	7:00 AM - 8:30 AM OPEN GYM	9:00 AM - 11:00 AM OPEN GYM	FREE MEMBER CLASSES
9:30 AM - 10:15 AM AOA FITNESS	8:00 AM - 9:00 AM TOTAL BODY STRENGTH	9:30 AM - 10:30 AM LOW IMPACT TOTAL BODY STRENGTH	8:00 AM - 9:00 AM TOTAL BODY STRENGTH	9:30 AM - 10:15 AM FITNESS FUSION	8:30 AM - 9:15 AM HITT	11:00 AM - 2:00 PM OPEN GYM	PARENT CHILD (MONTHLY FEE)
10:15 AM - 10:30 PM AOA FITNESS CLEAN UP	9:00 AM - 10:00 AM OPEN GYM	10:30 AM - 11:15 AM AOA FITNESS	9:00 AM - 9:30 AM OPEN GYM	10:15 AM - 4:30 PM OPEN GYM	9:15 AM - 3:00 PM OPEN GYM		YOUTH SPORTS (MONTHLY FEE)
10:30 AM - 5:15 PM OPEN GYM	10:00AM - 10:45AM AOA YOGA	11:15 AM - 11:30 PM AOA FITNESS CLEAN UP	9:30 AM - 10:15 AM AOA YOGA	4:30 PM - 5:00 PM SCHOOL AGE			GYMNASTICS (MONTHLY FEE)
5:15 PM - 5:55PM BASKETBALL 3-5 YRS	10:45 AM - 11:00 AM AOA YOGA CLEANUP	11:30 PM - 4:30 PM OPEN GYM	10:15 AM - 10:30 PM AOA YOGA CLEANUP	5:00 PM - 6:00 PM BOYS FLAG FOOTBALL 13 & UNDER			YOUTH LEAGUES (MONTHLY FEE)
5:55 PM - 9:00 PM OPEN GYM	11:00 AM - 4:30 PM OPEN GYM	4:30 PM - 5:15 PM SCHOOL AGE	10:30 PM - 5:45 PM OPEN GYM	6:00 PM - 7:00 PM GIRLS FLAG FOOTBALL 13 & UNDER			ADULT LEAGUES (MONTHLY FEE)
	4:30 PM - 5:30 PM SCHOOL AGE	5:15 PM -9:00 PM OPEN GYM	5:45 PM -6:25 PM NERF ACADEMY 6-12 YRS	7:00 AM - 9:00 PM OPEN GYM			ADULT PICKUP SPORTS (FREE MEMBER)
	5:30 PM - 9:00 PM OPEN GYM		6:25 PM - 9:00 PM OPEN GYM				YOUTH FITNESS (MONTHLY FEE)
							FAMILY EVENT (FUN FAMILY FRIDAYS & PARENTS NIGHT OUT)
							PICKLEBALL
							CHILDCARE