

River Crossing YMCA | Bethlehem
Group Exercise Schedule
August Modified Schedule 8/25-8/31

"We're here for you."

DAYTIME CLASSES						
Monday 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29	Saturday 8/30	Sunday 8/31
AOA Fitness 9:30-10:15AM Maggie Aux Gym	Total Body Strength 8:00-8:45AM Colleen Aux Gym	Low Impact Total Body Strength 9:30-10:15AM Tanya/Colleen Aux Gym	Cycle 6:15-7:00AM Tanya Ct. #4	Total Body Strength 9:30-10:15AM Tanya Aux Gym	HIIT 8:30-9:15AM Tanya Aux Gym	
	AOA Yoga 10:00-10:45AM Maggie Aux Gym	AOA Fitness 10:30-11:15AM Maggie Aux Gym	Total Body Strength 8:00-8:45AM Colleen Aux Gym	Belly Dance 10:30-11:15AM Carmen Ct. #1	Cycle 11:00-11:45AM Jerry Ct. #4	
	Cycle 11:00-11:45AM Tanya Ct. #4		AOA Yoga 9:30-10:15AM Maggie Aux Gym			
			Cycle Express 11:00-11:30AM Jerry Ct. #4			
EVENING CLASSES						
Monday 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29	Saturday 8/30	Sunday 8/31
Barre Fusion 5:45-6:30PM Stacey Ct. #1		Zumba 6:00-7:00PM Nataliya Ct. #1	Barre Fusion 5:45-6:30PM Stacey Ct. #1		<u>Bethlehem Group Exercise Schedule</u> <u>Group exercise classes are included in your membership.</u>	
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 8/20/25