

River Crossing YMCA | Bethlehem
Group Exercise Schedule
September Modified Schedule 9/1-9/7

"We're here for you."

DAYTIME CLASSES						
Monday 9/1	Tuesday 9/2	Wednesday 9/3	Thursday 9/4	Friday 9/5	Saturday 9/6	Sunday 9/7
CLOSED LABOR DAY	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	
	Cycle 11:00-11:45AM Tanya Ct. #4	Aqua Fitness 9:30-10:15AM Gill Pool	Total Body Strength 8:00-8:45AM Colleen Aux Gym	Aqua Fitness 9:30-10:15AM Gill Pool	Cycle 11:00-11:45AM Jerry Ct. #4	
		AOA Fitness 10:30-11:15AM Tanya Aux Gym	Chair Yoga 9:30-10:15AM Susan Aux Gym	Belly Dance 10:30-11:15AM Carmen Ct. #1		
		Aqua Arthritis 10:30-11:15AM Fred Pool	Cycle Express 11:00-11:30AM Jerry Ct. #4	Aqua Arthritis 10:30-11:15AM Fred Pool		
EVENING CLASSES						
Monday 9/1	Tuesday 9/2	Wednesday 9/3	Thursday 9/4	Friday 9/5	Saturday 9/6	Sunday 9/7
CLOSED LABOR DAY	Aqua Blast 6:15-7:00PM Irene Pool	Zumba 6:00-7:00PM Nataliya Ct. #1	Barre Fusion 5:45-6:30PM Stacey Ct. #1		Bethlehem Group Exercise Schedule Group exercise classes are included in your membership.	
			Aqua Blast 6:15-7:00PM Irene Pool			
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