

**RIVER CROSSING YMCA | Bethlehem**  
**AUXILIARY GYM SCHEDULE**  
**NOVEMBER 1 - NOVEMBER 30**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>	<b>KEY</b>
6:00 AM - 9:30 AM <b>OPEN GYM</b>	6:00 AM - 8:00 AM <b>OPEN GYM</b>	6:00 AM - 9:30 AM <b>OPEN GYM</b>	6:00 AM - 8:00 AM <b>OPEN GYM</b>	6:00 AM - 9:30 AM <b>OPEN GYM</b>	7:00 AM - 8:30 AM <b>OPEN GYM</b>	9:00 AM - 11:00 <b>OPEN GYM</b>	<b>FREE MEMBER CLASSES</b>
9:30 AM - 10:15 AM <b>LOW IMPACT MOVEMENT &amp; STRENGTH</b>	8:00 AM - 8:45 AM <b>CORE STRENGTH</b>	9:30 AM - 10:15 AM <b>LOW IMPACT FITNESS</b>	8:00 AM - 9:00 AM <b>TOTAL BODY STRENGTH</b>	9:30 AM - 10:15 AM <b>TOTAL BODY STRENGTH</b>	8:30 AM - 9:15 AM <b>HITT</b>	11:00 AM - 2:00 PM <b>OPEN GYM</b>	<b>PARENT CHILD (MONTHLY FEE)</b>
10:15 AM - 3:00 PM <b>OPEN GYM</b>	8:45 AM - 12:00 PM <b>OPEN GYM</b>	10:30 AM - 11:15 AM <b>LOW IMPACT MOVEMENT &amp; STRENGTH</b>	9:30 AM - 10:15 AM <b>STRETCH &amp; BALANCE</b>	10:15 AM - 4:30 PM <b>OPEN GYM</b>	9:15 PM - 3:00 PM <b>OPEN GYM</b>		<b>YOUTH SPORTS (MONTHLY FEE)</b>
3:00 PM - 4:30 PM <b>OPEN GYM</b>	12:00 PM - 3:00 PM <b>OPEN GYM</b>	11:30 AM - 12:30 PM <b>VETERAN'S PATHWAY PROGRAM</b>	10:15 AM - 1:00 PM <b>OPEN GYM</b>	4:30 PM - 5:30 PM <b>SCHOOL AGE</b>			<b>GYMNASTICS (MONTHLY FEE)</b>
4:30 PM - 5:15 PM <b>SCHOOL AGE</b>	3:00 PM - 4:30 PM <b>OPEN GYM</b>	12:30 PM - 4:30 PM <b>OPEN GYM</b>	1:00 PM - 5:45 PM <b>OPEN GYM</b>	5:15 PM - 9:00 PM <b>OPEN GYM</b>			<b>YOUTH LEAGUES (MONTHLY FEE)</b>
5:15 PM - 5:55PM <b>BASKETBALL 3-5 YRS</b>	4:30 PM - 5:30 PM <b>SCHOOL AGE</b>	4:30 PM - 5:30 PM <b>SCHOOL AGE</b>	5:45 PM -6:25 PM <b>NERF ACADEMY 6-12 YRS</b>				<b>ADULT LEAGUES (MONTHLY FEE)</b>
5:55 PM - 9:00 PM <b>OPEN GYM</b>	5:30 PM - 9:00 PM <b>OPEN GYM</b>	5:30 PM -9:00 PM <b>OPEN GYM</b>	6:30 PM - 7:30 PM <b>VETERAN'S PATHWAY PROGRAM</b>				<b>ADULT PICKUP SPORTS (FREE MEMBER)</b>
			7:30 PM - 9:00 PM <b>OPEN GYM</b>				<b>YOUTH FITNESS (MONTHLY FEE)</b>
							<b>FAMILY EVENT (FUN FAMILY FRIDAYS &amp; PARENTS NIGHT OUT)</b>
							<b>PICKLEBALL</b>
							<b>CHILDCARE</b>