

**River Crossing YMCA | Bethlehem
Group Exercise
December 1-21st Schedule**

"We're here for you."

DAYTIME CLASSES				EVENING CLASSES		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Deep Water 8:30-9:15AM Irene Pool	Total Body Strength 8:00-8:45 AM Colleen Aux Gym	Aqua Surge 8:30-9:15 AM Irene Pool	Cycle 6:15-7:00 AM Tanya Ct. #4	Total Body Strength 9:30-10:15AM Tanya Aux Gym	HITT 8:30-9:15 AM Tanya Aux Gym	
Low Impact Movement & Strength 9:30-10:15 AM Tanya Aux Gym	Cycle 11:00-11:45AM Jerry Ct. #4	Low Impact Total Body 9:30-10:15 AM Tanya/Colleen Aux Gym	Total Body Strength 8:00-8:45 AM Colleen Aux Gym	Aqua Fitness 9:30-10:15 AM Gill Pool	Cycle 11:00-11:45AM Jerry Ct. #4	
Aqua Arthritis 10:30-11:15AM Fred Pool		Aqua Fitness 9:30-10:15 AM Gill Pool	Stretch & Balance 9:30-10:15 AM Colleen Aux Gym	Belly Dance 10:30-11:15 AM Carmen Ct. #1		
		Low Impact Movement & Strength 10:30-11:15 AM Tanya Aux Gym		Aqua Arthritis 10:30-11:15 AM Fred Pool		
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Barre Fusion 5:45-6:30 PM Stacey Ct. #1	Aqua Deep Water 6:15-7:00 PM Irene Pool	Zumba 6:00-7:00 PM Nataliya Ct. #1	Barre Fusion 5:45-6:30 PM Stacey Ct. #1	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.		
			Aqua Deep Water 6:15- 7:00 PM Irene Pool			
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
	 For the most current class information please visit Schedules or scan the QR Code.			 Visit us on Y Wellnes 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!		