

RIVER CROSSING YMCA | Bethlehem
AUXILIARY GYM SCHEDULE
JANUARY 1 - JANUARY 31

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	8:00 AM - 8:30 AM OPEN GYM	9:00 AM - 11:00 OPEN GYM	FREE MEMBER CLASSES
9:30 AM - 10:15 AM LOW IMPACT MOVEMENT & STRENGTH	8:00 AM - 8:45 AM CORE STRENGTH	9:30 AM - 10:15 AM LOW IMPACT FITNESS	8:00 AM - 9:00 AM TOTAL BODY STRENGTH	9:30 AM - 10:15 AM TOTAL BODY STRENGTH	8:30 AM - 9:15 AM HITT	11:00 AM - 2:00 PM OPEN GYM	PARENT CHILD (MONTHLY FEE)
10:15 AM - 3:00 PM OPEN GYM	8:45 AM - 12:00 PM OPEN GYM	10:30 AM - 11:15 AM LOW IMPACT MOVEMENT & STRENGTH	9:30 AM - 10:15 AM STRETCH & BALANCE	10:15 AM - 4:30 PM OPEN GYM	9:15 PM - 4:00 PM OPEN GYM		YOUTH SPORTS (MONTHLY FEE)
3:00 PM - 4:30 PM OPEN GYM	12:00 PM - 3:00 PM OPEN GYM	11:30 AM - 12:30 PM VETERAN'S PATHWAY PROGRAM	10:15 AM - 1:00 PM OPEN GYM	4:30 PM - 5:30 PM SCHOOL AGE			GYMNASTICS (MONTHLY FEE)
4:30 PM - 5:15 PM SCHOOL AGE	3:00 PM - 4:30 PM OPEN GYM	12:30 PM - 4:30 PM OPEN GYM	1:00 PM - 5:45 PM OPEN GYM	5:15 PM - 9:00 PM OPEN GYM			YOUTH LEAGUES (MONTHLY FEE)
5:15 PM - 5:55PM BASKETBALL 3-5 YRS	4:30 PM - 5:00 PM SCHOOL AGE	4:30 PM - 5:30 PM SCHOOL AGE	5:45 PM -6:25 PM NERF ACADEMY 6-12 YRS				ADULT LEAGUES (MONTHLY FEE)
5:55 PM - 6:55 PM JUNIOR SIXERS 10-12 YRS	5:00 PM - 6:00 PM JUNIOR SIXERS 8-9 YRS	5:30 PM -9:00 PM OPEN GYM	6:30 PM - 7:30 PM VETERAN'S PATHWAY PROGRAM				ADULT PICKUP SPORTS (FREE MEMBER)
6:55 PM - 9:00 PM OPEN GYM	6:00 PM - 9:00 PM OPEN GYM		7:30 PM - 9:00 PM OPEN GYM		FUN FAMILY FRIDAY NERF OR NOTHIN' 1/19/2026 5:30-7:30PM		YOUTH FITNESS (MONTHLY FEE)
							FAMILY EVENT (FUN FAMILY FRIDAYS & PARENTS NIGHT OUT)
							PICKLEBALL
							CHILDCARE