

**River Crossing YMCA | Bethlehem**  
**Group Exercise Schedule**  
**December 2025 Modified Schedule 12/22-12/28**

"We're here for you."

DAYTIME CLASSES						
Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27	Sunday 12/28
<b>Aqua Deep Water</b> 8:30-9:15AM Irene   Pool	<b>Cycle</b> 11:00-11:45AM Tanya   Ct. #4	<b>Aqua Surge</b> 8:30-9:15AM Irene   Pool	<b>CLOSED</b>	<b>Total Body Strength</b> 9:30-10:15AM Tanya   Aux Gym	<b>HIIT</b> 8:30-9:15AM Tanya   Aux Gym	
<b>Low Impact Movement &amp; Strength</b> 9:30-10:15AM Tanya   Aux Gym		<b>Aqua Fitness</b> 9:30-10:15AM Gill   Pool		<b>Aqua Fitness</b> 9:30-10:15AM Gill   Pool	<b>Cycle</b> 11:00-11:45AM Jerry   Ct. #4	
		<b>Low Impact Movement &amp; Strength</b> 10:30-11:15AM Tanya   Aux Gym				
EVENING CLASSES						
Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27	Sunday 12/28
<b>Barre Fusion</b> 5:45-6:30PM Stacey   Ct. #1	<b>Aqua Deep Water</b> 6:15-7:00PM Irene   Aux Gym	<b>CLOSED</b>	<b>CLOSED</b>		<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](https://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  
12/11/25