

River Crossing YMCA | Bethlehem
Group Exercise Schedule
December 2025 Modified Schedule 12/29-1/4

"We're here for you."

DAYTIME CLASSES						
Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4
Low Impact Movement & Strength 9:30-10:15AM Tanya Aux Gym	Total Body Strength 8:00-8:45AM Colleen Aux Gym	Low Impact Movement & Strength 10:30-11:15AM Tanya Aux Gym	Total Body Strength 8:30-9:15AM Colleen Aux Gym	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	Stretch & Balance 9:30-10:15AM Colleen Aux Gym	Aqua Fitness 9:30-10:15AM Gill Pool	Cycle 11:00-11:45AM Jerry Ct. #4	
				Belly Dance 10:30-11:15AM Carmen Ct. #1		
EVENING CLASSES						
Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4
Barre Fusion 5:45-6:30PM Stacey Ct. #1		CLOSED	CLOSED		<u>Bethlehem Group Exercise Schedule</u> Group exercise classes are included in your membership.	
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
12/11/25