



River Crossing YMCA | Bethlehem  
Group Exercise  
January 5th-31st Schedule

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Aqua Deep Water</b> 8:30-9:15AM Irene   Pool	<b>Total Body Strength</b> 8:00-8:45 AM Colleen   Aux Gym	<b>Aqua Deep Water</b> 8:30-9:15 AM Irene   Pool	<b>Cycle</b> 6:15-7:00 AM Tanya   Ct. #4	<b>Total Body Strength</b> 9:30-10:15AM Tanya   Aux Gym	<b>HITT</b> 8:30-9:15 AM Tanya   Aux Gym	
<b>Low Impact Movement &amp; Strength</b> 9:30-10:15 AM Tanya   Aux Gym	<b>NEW! Silver Sneakers Yoga</b> 10:30-11:15 AM Jennifer   Aux Gym	<b>Low Impact Total Body</b> 9:30-10:15 AM Tanya/Colleen   Aux Gym	<b>Total Body Strength</b> 8:00-8:45 AM Ileen   Aux Gym	<b>Aqua Fitness</b> 9:30-10:15 AM Gill   Pool	<b>Cycle</b> 11:00-11:45AM Jerry   Ct. #4	
<b>Aqua Arthritis</b> 10:30-11:15AM Fred   Pool	<b>Cycle</b> 11:00-11:45AM Jerry   Ct. #4	<b>Aqua Fitness</b> 9:30-10:15 AM Gill   Pool	<b>Stretch &amp; Balance</b> 9:30-10:15 AM Colleen   Aux Gym	<b>Belly Dance</b> 10:30-11:15 AM Carmen   Ct. #1		
		<b>Low Impact Movement &amp; Strength</b> 10:30-11:15 AM Tanya   Aux Gym		<b>Aqua Arthritis</b> 10:30-11:15 AM Fred   Pool		
		<b>Aqua Arthritis</b> 10:30-11:15 AM Fred   Pool				
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Barre Fusion</b> 5:45-6:30 PM Stacey   Ct. #1	<b>Aqua Blast</b> 6:15-7:00 PM Irene   Pool	<b>Zumba</b> 6:00-7:00 PM Nataliya   Ct. #1	<b>Barre Fusion</b> 5:45-6:30 PM Stacey   Ct. #1	<b>Group Exercise Schedule</b> 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.		
			<b>Aqua Blast</b> 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 <a href="#">Schedules</a> or scan the QR Code.			 Visit us on <a href="#">Y Wellbeing 24/7</a> for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!		Updated 12/23/26