

RIVER CROSSING YMCA | Bethlehem

AUXILIARY GYM SCHEDULE

FEBRUARY 1 - FEBRUARY 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GYM CLOSURES	KEY
6:00 AM - 9:20 AM OPEN GYM	6:00 AM - 7:50 AM OPEN GYM	6:00 AM - 9:20 AM OPEN GYM	6:00 AM - 7:50 AM OPEN GYM	6:00 AM - 9:20 AM OPEN GYM	7:00 AM - 8:20 AM OPEN GYM	7:00 AM - 11:00 OPEN GYM	RESERVED 2/22/2026 2PM-5PM	FREE MEMBER CLASSES
9:20 AM- 9:30 AM GROUP EX CLASS SET UP	7:50 AM- 8:00 AM GROUP EX CLASS SET UP	9:20 AM- 9:30 AM GROUP EX CLASS SET UP	7:50 AM- 8:00 AM GROUP EX CLASS SET UP	9:20 AM- 9:30 AM GROUP EX CLASS SET UP	8:20 AM- 8:30 AM GROUP EX CLASS SET UP	11:00 AM - 6:00 PM OPEN GYM		PARENT CHILD (MONTHLY FEE)
9:30 AM - 10:15 AM LOW IMPACT MOVEMENT & STRENGTH	8:00 AM - 8:45 AM TOTAL BODY STRENGTH	9:30 AM - 10:15 AM LOW IMPACT TOTAL BODY	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			YOUTH SPORTS (MONTHLY FEE)
10:15 AM- 10:30 AM GROUP EX CLASS CLEAN UP	8:45 AM- 8:50 AM GROUP EX CLASS CLEAN UP	10:30 AM - 11:15 AM LOW IMPACT MOVEMENT & STRENGTH	9:00 AM - 9:45 AM STRETCH & BALANCE	10:15 AM- 10:20 AM GROUP EX CLASS CLEAN UP	9:15 AM- 9:20 AM GROUP EX CLASS CLEAN UP			GYMNASICS (MONTHLY FEE)
10:15 AM - 3:00 PM OPEN GYM	8:50 AM - 10:20 AM OPEN GYM	11:15 AM- 11:30 AM GROUP EX CLASS CLEAN UP	9:45 AM- 9:50 AM GROUP EX CLASS CLEAN UP	10:20 AM - 4:30 PM OPEN GYM	9:20 PM - 6:00 PM OPEN GYM			YOUTH LEAGUES (MONTHLY FEE)
3:00 PM - 4:30 PM OPEN GYM	10:20 AM- 10:30 AM GROUP EX CLASS SET UP	11:30 AM - 12:30 PM VETERAN'S PATHWAY PROGRAM	9:50 AM - 1:00 PM OPEN GYM	4:30 PM - 5:30 PM SCHOOL AGE				ADULT LEAGUES (MONTHLY FEE)
4:30 PM - 5:15 PM SCHOOL AGE	10:30 AM - 11:15 AM NEW! SILVER SNEAKERS YOGA	12:30 PM - 4:30 PM OPEN GYM	1:00 PM - 5:45 PM OPEN GYM	5:15 PM - 9:00 PM OPEN GYM				ADULT PICKUP SPORTS (FREE MEMBER)
5:15 PM - 5:55PM BASKETBALL 3-5 YRS	11:15 AM- 11:20 AM GROUP EX CLASS CLEAN UP	4:30 PM - 5:30 PM SCHOOL AGE	5:45 PM -6:25 PM NERF ACADEMY 6-12 YRS					YOUTH FITNESS (MONTHLY FEE)
5:55 PM - 6:55 PM JUNIOR SIXERS 10-12 YRS	11:20 AM - 4:30 PM OPEN GYM	5:30 PM -9:00 PM OPEN GYM	6:30 PM - 7:30 PM VETERAN'S PATHWAY PROGRAM					FAMILY EVENT (FUN FAMILY FRIDAYS & PARENTS NIGHT OUT)
6:55 PM - 9:00 PM OPEN GYM	4:30 PM - 5:00 PM SCHOOL AGE		7:30 PM - 9:00 PM OPEN GYM					PICKLEBALL
	5:00 PM - 6:00 PM JUNIOR SIXERS 8-9 YRS							CHILDCARE
	6:00 PM - 7:00 PM SPECIAL OLYMPICS							
	7:00 PM - 9:00 PM OPEN GYM							