



River Crossing YMCA | Bethlehem
Group Exercise
February Schedule

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Low Impact Movement & Strength 9:30-10:15 AM Tanya Aux Gym	Total Body Strength 8:00-8:45 AM Colleen Aux Gym	Aqua Deep Water 8:30-9:15 AM Irene Pool	Cycle 6:15-7:00 AM Tanya Ct. #4	NEW DAY! Aqua Deep Water 8:30-9:15 AM Irene Pool	HITT 8:30-9:15 AM Tanya Aux Gym	
Aqua Arthritis 10:30-11:15AM Fred Pool	Silver Sneakers Yoga 10:30-11:15 AM Jennifer Aux Gym	Low Impact Total Body 9:30-10:15 AM Tanya/Colleen Aux Gym	Total Body Strength 8:00-8:45 AM Colleen Aux Gym	Total Body Strength 9:30-10:15AM Tanya Aux Gym	Cycle 11:00-11:45AM Jerry Ct. #4	
	Cycle 11:00-11:45AM Jerry Ct. #4	Aqua Fitness 9:30-10:15 AM Gill Pool	Stretch & Balance 9:00-9:45 AM Colleen Aux Gym (new start time)	Aqua Fitness 9:30-10:15 AM Gill Pool		
		Low Impact Movement & Strength 10:30-11:15 AM Tanya Aux Gym		Belly Dance 10:30-11:15 AM Carmen Ct. #1		
		Aqua Arthritis 10:30-11:15 AM Fred Pool		Aqua Arthritis 10:30-11:15 AM Fred Pool		
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Barre Sculpt & Burn 5:45-6:30 PM Stacey Ct. #1	Aqua Blast 6:15-7:00 PM Irene Pool	Zumba 6:00-7:00 PM Nataliya Ct. #1	Barre Sculpt & Burn 5:45-6:30 PM Stacey Ct. #1			
			Aqua Blast 6:15- 7:00 PM Irene Pool	Group Exercise Schedule 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.		
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
	 <p>For the most current class information please visit Schedules or scan the QR Code.</p>			 <p>Visit us on Y Wellness 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!</p>		Updated 1/26/26