

River Crossing YMCA | Bethlehem
Group Exercise
March 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	Aqua Deep Water 8:30-9:15 AM Irene Pool	HITT 8:30-9:15 AM Tanya Aux Gym	
	Cycle 11:00-11:45AM Jerry Ct. #4	Low Impact Total Body 9:30-10:15 AM Tanya/Colleen Aux Gym	Total Body Strength 8:00-8:45 AM Ileen Aux Gym	Total Body Strength 9:30-10:15AM Tanya Aux Gym	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	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		

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	<p>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.</p>		

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
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For the most current class information please visit [Schedules](#) or scan the QR Code.



Visit us on [Y Wellness 24/7](#) for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!

Updated 2/20/26