RIVER CROSSING YMCA | Bethlehem
AUXILIARY GYM SCHEDULE
MAY 1 - MAY 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GYM CLOSURES	KEY
5:00 AM - 9:20 AM **OPEN GYM**	5:00 AM - 7:50 AM **OPEN GYM**	5:00 AM - 9:20 AM **OPEN GYM**	5:00 AM - 7:50 AM **OPEN GYM**	5:00 AM - 9:20 AM **OPEN GYM**	7:00 AM - 8:20 AM **OPEN GYM**	7:00 AM - 11:00 **OPEN GYM**		**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**			**GYMNASTICS (MONTHLY FEE)**
10:30 AM - 11:15 PM **YOGA/PILATES FUSION**	9:00 AM - 9:45 PM **STRETCH & BALANCE**	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 - 1:30 PM **OPEN GYM**			**YOUTH LEAGUES (MONTHLY FEE)**
11:30 AM - 12:15 PM **TAI CHI**	9:45 AM - 10:00 PM **GROUP EX CLASS CLEAN 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**	1:30 PM - 2:30 PM **TRAVEL LEAGUE BASKETBALL BOYS 6-7 GRADE**			**ADULT LEAGUES (MONTHLY FEE)**
12:15 PM- 12:30 PM **GROUP EX CLASS CLEAN UP**	10:00 AM - 4:30 PM **OPEN GYM**	12:30 PM - 4:30 PM **OPEN GYM**	1:00 PM - 5:45 PM **OPEN GYM**	5:30 PM - 6:30 PM **TRAVEL LEAGUE BASKETBALL BOYS 6-7 GRADE**	2:30 PM - 6:00 PM **OPEN GYM**			**ADULT PICKUP SPORTS (FREE MEMBER)**
12:30 PM - 4:30 PM **OPEN GYM**	4:30 PM - 5:00 PM **SCHOOL AGE**	4:30 PM - 5:30 PM **SCHOOL AGE**	5:45 PM -6:25 PM **NERF ACADEMY 6-12 YRS**	6:30 PM - 9:00 PM **OPEN GYM**				**YOUTH FITNESS (MONTHLY FEE)**
4:30 PM - 5:15 PM **SCHOOL AGE**	5:00 PM - 9:00 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)**
5:15 PM - 5:55PM **BASKETBALL 3-5 YRS**			7:30 PM - 9:00 PM **OPEN GYM**					**PICKLEBALL**
5:55 PM - 9:00 PM **OPEN GYM**								**CHILDCARE**