

**River Crossing YMCA | Bethlehem**  
**Group Exercise**  
**May Schedule**

"We're here for you."

**DAYTIME CLASSES**

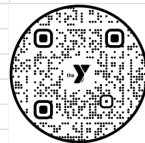
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Low Impact Movement &amp; Strength</b> 9:30-10:15 AM Tanya   Aux Gym	<b>Total Body Strength</b> 8:00-8:45 AM Colleen   Aux Gym	<b>Aqua Deep Water</b> 8:30-9:15 AM Irene   Pool	<b>Cycle</b> 6:15-7:00 AM Tanya   Ct. #4	<b>Aqua Deep Water</b> 8:30-9:15 AM Irene   Pool	<b>HITT</b> 8:30-9:15 AM Tanya   Aux Gym	
<b>Aqua Strength</b> 10:30-11:15AM Fred   Pool	<b>Stretch &amp; Balance</b> 9:00-9:45 AM Colleen   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 Colleen   Aux Gym	<b>Total Body Strength</b> 9:30-10:15AM Tanya   Aux Gym	<b>Cycle</b> 11:00-11:45AM Jerry   Ct. #4	
<b>**NEW** Yoga / Pilates Fusion</b> 10:30-11:15AM Rob   Aux Gym	<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> 9:00-9:45 AM Colleen   Aux Gym	<b>Aqua Fitness</b> 9:30-10:15 AM Gill   Pool	<b>**NEW** Zumba</b> 11:00-11:45AM Nataliya   Aux Gym	
<b>**NEW** Tai Chi</b> 11:30-12:15PM Rob   Aux Gym		<b>Low Impact Movement &amp; Strength</b> 10:30-11:15 AM Tanya   Aux Gym		<b>Belly Dance</b> 10:30-11:15 AM Carmen   Ct. #1		
		<b>Aqua Strength</b> 10:30-11:15AM Fred   Pool		<b>Aqua Strength</b> 10:30-11:15AM Fred   Pool		

**EVENING CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Barre Sculpt &amp; Burn</b> 5:45-6:45 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 Sculpt &amp; Burn</b> 5:45-6:45 PM Stacey   Ct. #1			
			<b>Aqua Blast</b> 6:15- 7:00 PM Irene   Pool	<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.		
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	



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!