

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

"We're here for you."

**DAYTIME CLASSES**

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

**EVENING CLASSES**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY       | SUNDAY |
|---|---|---|---|--|----------------|--------|
| <b>Barre Sculpt &amp; Burn</b><br>5:45-6:45 PM<br>Stacey   Ct. #1 | <b>Aqua Blast</b><br>6:15-7:00 PM<br>Irene   Pool | <b>Zumba</b><br>6:00-7:00 PM<br>Nataliya   Ct. #1 | <b>Barre Sculpt &amp; Burn</b><br>5:45-6:45 PM<br>Stacey   Ct. #1 |  |                |        |
|   |   |   | <b>Aqua Blast</b><br>6:15- 7:00 PM<br>Irene   Pool                | <b>Group Exercise Schedule</b><br>are included in your membership.<br>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!