

Greater Valley YMCA | Bethlehem
Group Exercise Schedule July 2024

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Indoor Cycling 6:15-7:00 AM w/ Tanya Ct. # 4	Core Strength 8:00-9:00AM w/ Colleen Ct. #1	Low Impact Total Body 9:30-10:15 AM w/ Tanya Aux Gym	Indoor Cycling 6:15-7:00 AM w/ Tanya Ct. #4	Fitness Fusion 9:30-10:15AM w/ Tanya Ct. #1	HITT 8:30-9:15 AM w/ Alt. Instructors Aux Gym	
Hydro 8:30-9:15AM w/ Irene Pool	AOA Aqua Fitness 9:30-10:15 AM w/ Gill Pool	AOA Fitness 10:30-11:15AM w/ Maggie Aux Gym	Core Strength 8:00-9:00 AM w/ Colleen Ct. #1	Belly Dance 10:30-11:15 AM w/ Carmen Ct. #1	Indoor Cycling 12:00-12:45PM w/ Alt. Instructors Ct. #4	
AOA Fitness 9:30-10:15 AM w/ Maggie Aux Gym	AOA Yoga 10:00-10:45 AM w/ Maggie Aux Gym	Arthritis 10:30-11:15 AM w/ Fred Pool	Hydro 8:30-9:15 AM w/ Irene Pool	Arthritis 11:00-11:45 AM w/ Fred Pool		
Arthritis 10:30-11:15AM w/ Fred Pool	Indoor Cycling 10:15-11:00AM w/ Tanya Ct. #4		AOA Yoga 9:30-10:15 AM w/ Maggie Aux Gym			
			AOA Aqua Fitness 9:30-10:15 AM w/ Gill Pool			
			Indoor Cycling 10:15-11:00 AM w/ Alt. Instructors Ct. #4			
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Barre Fusion 5:45-6:30 PM w/ Stacey Ct. #1	Zumba 5:00-6:00PM w/ Nataliya Ct. #1 (Every other Tuesday)	Zumba 5:30-6:30 PM w/ Nataliya Ct. #1 (Every other Wednesday)	Barre Fusion 5:45-6:30 PM w/ Stacey Ct. #1			
Indoor Cycling 6:00-6:45 PM w/ Jerry Ct. #4	Aqua Blast 6:00 - 6:45 PM w/ Irene Pool	Indoor Cycling 6:00-6:45 PM w/ Jerry Ct. #4	Aqua Blast 6:00 - 6:45 PM w/ Irene Pool			
					Bethlehem Group Exercise Schedule Group exercise classes are included in your membership. Registration required for all group exercise classes through the website or by visiting the Welcome Center as space is limited.	
					Bethlehem Branch Stay & Play Hours: Monday-Thursday 7:45AM-11:00AM Monday-Thursday 5:00-7:30PM Friday 8:00AM-11:00AM Saturday 8:00AM-11:00AM	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

Highlighted items indicate a change in class format or time.

[Please check gv-ymca.org.org](http://gv-ymca.org.org) for updates and visit us on the Y Wellness 24/7 virtual platform

for our live Virtual Group Exercise classes and hundreds of on-demand video content!

Updated
6/27/24