



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

AUXILIARY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spring 2016	8:30-9:30am AM Fit	8:00-9:00am Core Strength	8:30-9:30 AM Fit	8:00-9:00am Core Strength	8:30-9:30am AM Fit	7:00-9:00am Open Gym	
Schedule begins: February 22 – May 29	9:30-10:30am Zumba	9:00-12:00pm Silver Sneakers	9:30-10:30am Body Shred/ Tabata Int	9:00-9:30am Zumba Step	9:30-10:15am SS Yoga Stretch	8:45 - 9:45am Boot Camp/Body Shred	
Open gym policy is first come first serve!				9:30-10:30am Zumba		9:45- 10:45am Zumba	
Subject to change							
	10:30-12:00pm Silver Sneakers		10:30-12:00pm Silver Sneakers	10:30am-12:00pm Silver Sneakers	10:15-11:15am Zumba Gold	10:45-12:00 pm Open Gym	
					11:15am-4:00pm Open Gym		
	12:00-2:00pm Adult B-Ball	12:00-5:00pm Open Gym	12:00-2:00pm Adult B-ball	12:00-4:00pm Open Gym		12:00-6:00pm Open Gym	12:30-5:00pm Mystic Hockey
	2:00-5:00pm Open Gym		2:00-4:00pm Open Gym	4:00-5:00 pm Open Gym	4:00-5:30pm Open Gym		5:00-6:30 pm Open Gym
	5:00-5:20 pm Open Gym	5:00-5:30 pm Open Gym	4:00-5:00pm Speed and Agility	5:00-6:00 pm NHL Hockey			
	5:20-5:30 pm Set up for class						
	5:30-5:45pm AB Lab	5:30-5:45 pm AB Lab	5:00-5:45pm Open Gym		5:30-8:30 Mystic Hockey		
	5:45-6:45 pm R.I.P.P.E.D.	5:45-6:15 pm Body Shred	5:45-6:30pm Cardio Kickboxing				
	6:45-7:00 pm Open GYM	6:15-7:15 pm Zumba	6:30-7:15 pm Abs, Buns and Gutts	6:00-7:00pm Zumba			
	7:00-9:00pm EC Volleyball	7:15-9:00pm EC Volleyball	7:15-9:00pm EC Volleyball	7:00-9:00pm EC Volleyball			

YMCA of Bethlehem

430 E. Broad St., Bethlehem, PA 18018

P 610 867 7588 F 610 867 8295 ymcabethlehem.net