




# BETHLEHEM YMCA HEALTH & FITNESS CLASSES - SPRING 2/22 /16—5/29/16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am		CORE STRENGTH		CORE STRENGTH		
8:30am	AM FIT		AM FIT		AM FIT	
8:45 am		ZUMBA GOLD ® ( 9:00 am)		 ZUMBA STEP ® (30 min) ( 9:00 am)		Body Shred/Boot Camp (these classes Alternate every other week) 45 minutes
9:30am	ZUMBA®	SS YOGA STRETCH (9:45 am)	 BODY SHRED/ Tabata Intervals	ZUMBA® (45 min)	CARDIO CORE (Saxton Gym - 45 min) SS YOGA STRETCH	ZUMBA ® (9:45 am)
10:45am	SILVER SNEAKERS CLASSIC	SILVER SNEAKERS CLASSIC	SILVER SNEAKERS CLASSIC	SILVERSNEAKERS CLASSIC	ZUMBAGOLD ® (10:15)	
12:00pm		CYCLING CT #4 (45 min)		CYCLING CT #4 (45 min)		
5:30pm	AB LAB (15 MN)	AB LAB(15 MIN)				
5:45 pm	R.I.P.P.E.D.	 BODY SHRED(30 min)	CARDIO KICKBOXING (45 MIN)			
6:00pm	CYCLING CT #4	ZUMBA ® 6:15	CYCLING CT. #4	ZUMBA®		
6:30 pm		YOGA/PILATES MIX (45 MIN)	Abs, Buns and Gutts (45 MIN)			

All fitness classes held in Auxiliary Gym unless noted