

GROUP CLASSES



VIEW OUR SCHEDULE
ONLINE

www.bethanyathleticclub.com

MONDAY

Aqua Fitness - Pool
9:00am - 9:55am
Fabiola

Cycle - CS
9:00am - 9:55am
Herb

Sculpt Cardio - GX
9:00am - 9:55am
Raelyne

Adult Kickboxing - BB
10:00am - 10:55am
Raelyne

Balance + Strength - GX
10:30am - 11:25am
Sally

Basic Yoga Flow - MB
11:40am - 12:35pm
Sally

Body Pump - GX
12:00pm - 12:55pm
Diane

Zumba - GX
5:00pm - 5:55pm
Natalia

Kickboxing - BB
5:00pm - 5:55pm
Raelyne

Cycle - CS
6:15pm - 7:10pm
Samantha

BodyPump - GX
6:15pm - 7:10pm
Mallory

Restorative Yoga - MB
7:15pm - 8:10pm
Nuvana

TUESDAY

BodyPump - GX
5:30am - 6:25am
Kari

Fitness Basics - GX
8:00am - 8:50am
Miranda

Iyengar Yoga - MB
9:00am - 9:55am
Nuvana

MAX Cardio - GX
9:00am - 9:55am
Wendy H

TRX Circuit - GX
10:00am - 10:45am
Diane

Gentle Yoga - MB
11:30am - 12:25pm
Sally

Barbell CX - GX
12:00pm - 12:55pm
Wendy H.

Body Combat - GX
4:30pm - 5:15pm
Richard

Cycle - CS
5:30pm - 6:25pm
Herb

HIIT Blast - GX
5:30pm - 6:25pm
Wendy H

Fun Run Club - Lobby
6:00pm - 6:55pm
Mike

Zumba - GX
6:45pm - 7:40pm
Allison

Body Balance - MB
7:00pm - 7:50pm
Samantha

WEDNESDAY

Aqua Fitness - Pool
9:00am - 9:55am
Miranda

Cycle - CS
9:00am - 9:55am
Herb

Sculpt Cardio - GX
9:00am - 9:55am
Raelyne

Barre - MB
9:00am - 9:50am
Diane

Kickboxing - BB
10:00am - 10:55am
Sabrina

Balance + Strength - GX
10:30am - 11:25am
Sally

Yoga + Pilates - MB
11:00am-11:55am
Diane

Body Pump - GX
12:00pm - 12:55pm
Wendy B

Tai Chi - GX
1:00pm - 1:55pm
Jamie

Kickboxing - BB
5:00pm - 5:55pm
Raelyne

BodyPump - GX
6:15pm - 7:10pm
Samantha

Zumba Toning - GX
7:30pm - 8:25pm
Natalia

THURSDAY

BodyPump - GX
5:30am - 6:25am
Kari

Fitness Basics - GX
8:00am - 8:50am
Miranda

MAX Cardio - GX
9:00am - 9:55am
Wendy H

TRX Circuit - GX
10:00am - 10:45am
Diane

Basic Yoga Flow - MB
10:15am - 11:10am
Sally

Gentle Yoga - MB
11:30am - 12:25pm
Sally

Barbell CX - GX
12:00pm - 12:55pm
Wendy H.

Body Combat - GX
4:30pm - 5:15pm
Richard

Cycle - CS
5:30pm - 6:25pm
Wendy B

HIIT Blast - GX
5:30pm - 6:25pm
Wendy H

Fun Run Club - Lobby
6:00pm - 6:55pm
Mike

Zumba - GX
6:45pm - 7:40pm
Natalia

Body Balance - MB
7:00pm - 7:50pm
Wendy B

FRIDAY

Aqua Fitness - Pool
9:00am - 9:55am
Miranda

Barre - MB
9:00am - 9:50am
Breanna

Cycle - CS
9:00am - 9:55am
Herb

BodyPump - GX
9:15am - 10:10am
Diane

Yoga - MB
10:00am - 11:00am
Jamie

Tai Chi - GX
11:15am - 12:15pm
Jamie

BodyPump - GX
6:15pm - 7:10pm
Samantha

Yin Yoga - MB
7:00pm - 7:55pm
Jamie

SATURDAY

Fun Run Club - Lobby
8:00am - 8:55am
Mike

BodyPump - GX
8:00am - 8:55am
Mallory

Gentle Yoga - MB
8:00am - 8:55am
Mo

Cycle - CS
9:00am - 9:55am
Mallory

Zumba Toning - GX
9:00am - 9:55am
Allison

TRX Circuit - GX
10:00am - 10:45am
Samantha

Body Balance - GX
11:15am - 12:10pm
Samantha

SUNDAY

Body Combat - GX
8:00am - 8:55am
Mallory

Max Cardio - GX
9:00am - 9:55am
Mallory

Iyengar Yoga - MB
10:00am - 10:55am
Nuvana

Boxing Basics - BB
10:00am - 10:55am
Sabrina

Tai Chi - GX
4:00pm - 4:55pm
Jamie

Zumba - GX
5:00pm - 5:55pm
Tyler

KEY

BB: Basketball Court
GX: Group Fitness Room
MB: Mind/Body Studio
CS: Cycle Studio



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