

GROUP CLASSES



VIEW OUR SCHEDULE
ONLINE
www.bethanyathleticclub.com

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Zumba Gold - GX 8:00am - 8:50am Annie	Body Pump - GX 5:30am - 6:25am Martina	Zumba Gold - GX 8:00am - 8:50am Annie	Body Pump - GX 5:30am - 6:25am Martina	BAC to Bootcamp - GX 8:00am - 8:50am Annie	**Fun Run Club - Lobby 8:00am - 8:55am Mike	Body Combat - GX 8:00am - 8:55am Mallory
Aqua Fitness - Pool 9:00am - 9:55am Fabiola	Fitness Basics - GX 8:00am - 8:50am Miranda	Aqua Fitness - Pool 9:00am - 9:55am Annie	Fitness Basics - GX 8:00am - 8:50am Miranda	Aqua Fitness - Pool 9:00am - 9:55am Miranda	Body Pump - GX 8:00am - 8:55am Mallory	MAX Cardio - GX 9:00am - 9:55am Mallory
Cycle - CS 9:00am - 9:55am Herb	Iyengar Yoga - MB 9:00am - 9:55am Nuvana	Cycle - CS 9:00am - 9:55am Herb	MAX Cardio - GX 9:00am - 9:55am Wendy H	Barre - MB 9:00am - 9:50am Jenn	Gentle Yoga - MB 8:00am - 8:55am Mo	Iyengar Yoga - MB 10:00am - 10:55am Nuvana
Sculpt Cardio - GX 9:00am - 9:55am Raelyne	MAX Cardio - GX 9:00am - 9:55am Wendy H	Sculpt Cardio - GX 9:00am - 9:55am Raelyne	TRX Circuit - GX 10:05am - 10:50am Diane	Cycle - CS 9:00am - 9:55am Herb	Cycle - CS 9:00am - 9:55am Mallory	Boxing Basics - BB 10:00am - 10:55am Sabrina
Barre - MB 9:00am - 9:50am Allie	Kickboxing - BB 10:00am - 10:55am Raelyne	Barre - MB 9:00am - 9:50am Diane	Basic Yoga Flow - MB 10:15am - 11:10am Sally	Body Pump - GX 9:15am - 10:10am Diane	Zumba Toning - GX 9:00am - 9:55am Allison	Zumba - GX 11:00am - 11:55am Jennifer
Balance + Strength - GX 10:30am - 11:25am Sally	TRX Circuit - GX 10:05am - 10:50am Diane	Kickboxing - BB 10:00am - 10:55am Sabrina	Gentle Yoga - MB 11:30am - 12:25pm Sally	Kickboxing - BB 10:00am - 10:55am Raelyne	TRX Circuit - GX 10:05am - 10:50am Samantha	Tai Chi - GX 4:00pm - 4:55pm Jamie
Basic Yoga Flow - MB 11:40am - 12:35pm Sally	Gentle Yoga - MB 11:30am - 12:25pm Sally	Balance + Strength - GX 10:30am - 11:25am Sally	Barbell CX - GX 12:00pm - 12:55pm Wendy H.	Yoga - MB 10:00am - 11:00am Jamie	Body Balance - GX 11:15am - 12:10pm Samantha	Zumba - GX 5:00pm - 5:55pm Tyler
Body Pump - GX 12:00pm - 12:55pm Diane	Barbell CX - GX 12:00pm - 12:55pm Wendy H.	Yoga + Pilates - MB 11:00am - 11:55am Diane	Cycle - CS 5:30pm - 6:25pm Wendy B	Tai Chi - GX 11:15am - 12:15pm Jamie		
Body Combat - GX 4:00pm - 4:55pm Richard	Cycle - CS 5:30pm - 6:25pm Herb / Wendy B.	Body Pump - GX 12:00pm - 12:55pm Wendy B	HIIT Blast - GX 5:30pm - 6:25pm Wendy H	Body Pump - GX 6:15pm - 7:10pm Samantha		
Zumba - GX 5:00pm - 5:55pm Natalia	HIIT Blast - GX 5:30pm - 6:25pm Wendy H	Tai Chi - GX 1:00pm - 1:55pm Jamie	**Fun Run Club - Lobby 6:00pm - 6:55pm Mike			
Cycle - CS 5:00pm - 5:55pm Mallory	**Fun Run Club - Lobby 6:00pm - 6:55pm Mike	Body Combat - GX 4:00pm - 4:55pm Richard	Zumba - GX 6:45pm - 7:40pm Natalia			
Body Pump - GX 6:15pm - 7:10pm Mallory	Zumba - GX 6:45pm - 7:55pm Allison	Zumba - GX 5:00pm - 5:55pm Jennifer	Body Balance - MB 7:00pm - 7:55pm Wendy B			
Restorative Yoga - MB 7:15pm - 8:10pm Nuvana	Body Balance - MB 7:00pm - 7:50pm Samantha	Body Pump - GX 6:15pm - 7:10pm Samantha				
		Body Balance - GX 7:25pm - 8:20pm Samantha				

KEY

BB: Basketball Court
GX: Group Fitness Room
MB: Mind/Body Studio
CS: Cycle Studio
**: Please visit front desk for more info



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