

FALL
AM

GX | Group X Studio
MB | Mind & Body Studio
CS | Cycle Studio
SP | Swimming Pool



BETHANY
ATHLETIC CLUB

VIEW OUR SCHEDULE
ONLINE

bethanyathleticclub.com



MONDAY

5:30am - 6:25am
Cycle
Herb | CS

5:30am - 6:25am
Barre Burn
Kari | MB

8:15am - 9:10am
Fitness Basics
Helena | GX

8:15am - 9:10am
BAC Burn
Diane | MB

9:00am - 9:55am
Aqua Fusion
Ithica | SP

9:15 am - 10:10am
Cycle
Tami | CS

9:15am - 10:10am
Yoga Basics
Cindy | MB

9:15am - 10:10am
Total Body Cond.
Michele | GX

10:30am - 11:25am
Melt
Lila | MB

10:30am - 11:25am
Balance & Strength
Sally | GX

11:30am - 12:25pm
Yoga Flow
Lila | MB

TUESDAY

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

6:30am - 7:25am
LesMills BodyFlow
Kathleen | MB

8:30am - 9:15am
Body Shape
Sierra | GX

9:00am - 9:55am
Aqua Zumba
Bu | SP

9:15am - 9:30am
Ab Lab
Sierra | GX

9:15 am - 10:10 am
Yoga Basics
Jodi | MB

9:30am - 10:25am
TRX Circuit
Diane | BC

9:30am - 10:30am
Cardio Sculpt
Sierra | GX

10:30am - 11:25am
Yoga Flow
Diane | MB

10:30am - 11:25am
Walk & Strength
Sally | BC

10:30am - 11:45am
Power Mat Pilates
Sierra | MB

11:35am - 12:30pm
Gentle Yoga
Sally | MB

10:30-11:30
Cycle Bootcamp
Melanie | CS

WEDNESDAY

5:30am - 6:25am
Barre Burn
Kari | MB

5:30am - 6:25am
Cycle
Keith | CS

8:15am - 9:10am
Fitness Basics
Helena | GX

8:15am - 9:10am
BAC Burn
Diane | MB

9:00am - 9:55am
Aqua Zumba
Bu | SP

9:1 am - 10:10am
Cycle
Patrick | CS

9:15am - 10:10am
Yoga Basics
Jamie | MB

9:15am - 10:10am
Cardio H.I.I.T.
Michelle | GX

10:10am - 10:25am
Ab Lab
Michelle | GX

10:30am - 11:25am
Yin Yoga
Jamie | MB

10:30am - 11:25am
Balance & Strength
Sally | GX

THURSDAY

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

6:00am - 6:30am
Express Cycle
Patrick | CS

6:35am - 7:05am
BAC Strength Express
Patrick | GX

8:30am - 9:15am
Body Shape
Sierra | GX

8:30am - 9:25am
Iyengar Yoga
Nuvana | MB

9:15am - 10:15 am
Aqua Fitness
Ithica | SP

9:15am - 9:30am
Ab Lab
Sierra | GX

9:30am - 10:25am
Iyengar Yoga
Nuvana | MB

9:30am - 10:25am
TRX Circuit
Diane | BC

9:30am - 10:30am
Cardio Sculpt
Sierra | GX

10:30am - 11:25am
Yoga Flow
Diane | MB

10:30am - 11:45am
Power Mat Pilates
Sierra | GX

11:35am - 12:30pm
Yoga Basics
Sally | MB

10:30am - 11:30am
Cycle Bootcamp
Melanie | CS

FRIDAY

5:30am - 6:25am
Cycle
Herb | CS

5:30am - 6:25am
Cardio Extreme
Michelle | GX

6:30 - 7:25am
LesMills BodyFlow
Kathleen | MB

8:15am - 9:10am
Fitness Basics
Helena | GX

8:30am - 9:25am
Booty Barre Burn
Sierra | MB

9:00am - 9:55am
Aqua Fusion
Ithica | SP

9:30am - 10:25am
Cycle
Sierra | CS

9:15am - 10:10am
TRX Circuit
Michele | BC

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

9:25am - 10:20am
Gentle Yoga
Sally | MB

10:30am - 11:25am
Iyengar Yoga
Nuvana | MB

10:30am - 11:30am
Total Body Cond.
Michele | GX

11:30am - 12:25pm
Meditative Yoga
Nuvana | MB

SATURDAY

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

8:00am - 8:55am
Yoga Force
Sierra | MB

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

9:00am - 9:55am
Run BAC Run!
Mike | Meet at Front Desk

9:00am - 9:55am
Aqua Fitness
Ithica | SP

9:00am - 9:55am
U-Jam
Nisi | GX

9:15am - 10:10m
LesMills BodyFlow
Kathleen | MB

10:00am - 11:25am
Zumba Toning/Blend
Natalia | GX

10:15am - 11:10am
Dancing at the Barre
Ethan | MB

10:15am - 11:00am
Family Cycle
Jennifer | CS

SUNDAY

8:30am - 9:25am
Cycle
Sierra | MB

9:00am - 9:55am
Yoga/Melt Fusion
Lila | MB

9:30am - 10:25am
Cardio Extreme
Sierra | GX

10:15am - 11:10am
Iyengar Yoga
Nuvana | MB

11:15am - 12:10pm
Iyengar Yoga
Nuvana | MB

11:15am - 12:10pm
Total Body Cond.
Mallory | GX

FALL
PM

GX | Group X Studio
MB | Mind & Body Studio
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MONDAY

12:00pm - 12:55pm
LesMills BodyPump
Diane | GX

5:15pm - 6:10pm
Zumba
Bu | GX

5:30pm - 6:30pm
Youth Running Club
Mike | *Fee Based Class

5:30pm - 6:25pm
Vinyasa Flow
Lanae | MB

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

6:30pm - 7:10pm
Yoga Fusion
Jamie | MB

7:15pm - 8:10pm
Bolly X
Anagha | GX

7:30pm - 8:25pm
Booty Barre Burn
Samantha | MB

8:15pm - 9:10pm
Zumba
Sylvia | GX

TUESDAY

12:00pm - 12:55pm
Zumba
Natalia | GX

5:30pm - 6:25pm
H.I.I.T. Blast
Melanie | GX

6:00pm - 6:45pm
Beginning Cycle
Jennifer | CS

5:30pm - 6:25pm
POP Pilates
Nisi | MB

6:30pm - 7:25pm
Vinyasa Flow
Lanae | MB

6:35pm - 7:30pm
Zumba
Sylvia | GX

7:30pm - 8:25pm
Run BAC Run!
Mike | *meet @ front desk

WEDNESDAY

12:00pm - 12:55pm
Dancing at the Barre
Ethan | MB

12:00pm - 12:55pm
LesMills BodyPump
Kristi | GX

1:05pm - 2:00pm
Tai Chi
Jamie | GX

5:15pm - 6:10pm
Cardio Sculpt
Sierra | GX

5:30pm - 6:30pm
Youth Running Club
Mike | *Fee Based Class

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

6:15pm - 7:10pm
H.I.I.T. Cycle
Sierra | CS

6:15pm - 7:10pm
PT Strength! Intro to PT
Austin | ATR

6:30pm - 7:25pm
Iyengar Yoga
Nuvana | MB

7:30pm - 8:25pm
Bolly X
Anagha | GX

7:30pm - 8:25pm
Iyengar Yoga
Nuvana | MB

THURSDAY

12:00pm - 12:55pm
Zumba Toning
Natalia | GX

5:30pm - 6:25pm
H.I.I.T. Blast
Helena | GX

5:30pm - 6:25pm
POP Pilates
Nisi | MB

6:30pm - 7:25pm
Cycle
Samantha | CS

6:35pm - 7:30pm
Zumba
Bu | GX

7:30pm - 8:40pm
Booty Barre Force
Sierra | MB

FRIDAY

12:00pm - 12:55pm
Zumba
Bu | GX

6:00pm - 6:55pm
Hip Hop 101
Vilay | GX

SATURDAY

SUNDAY

4:00pm - 4:55pm
Yin Yoga
Jamie | MB

5:00pm - 5:55pm
Tai Chi
Jamie | GX

6:15pm - 7:10pm
Zumba
Bu | GX

