

**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](http://bethanyathleticclub.com)



**MONDAY**

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

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

7am - 7:55am  
**Mat Pilates**  
Stephanie | MB

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

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

9am - 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

10:10am - 10:25am  
**Ab Lab**  
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

9am - 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 | GX

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

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

**WEDNESDAY**

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

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

7am - 7:55am  
**Mat Pilates**  
Stephanie | MB

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

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

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

9:15am - 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

6am - 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

8:20am - 9:20am  
**Booty Barre Burn**  
Sierra | MB

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

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

9:15am - 10:10am  
**TRX Circuit**  
Michelle | 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**

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

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

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

0am - 9:55am  
**Run BAC Run!**  
Mike | Meet at Front Desk

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

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

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

10am - 11:25am  
**Zumba Toning/Blend**  
Allison | 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 | CS

9am - 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  
CS | Cycle Studio  
SP | Swimming Pool



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## MONDAY

12pm - 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

6pm - 7pm  
Cycle  
Patrik | CS

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

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

7:15pm - 8:10pm  
Cardio Groove  
Vilay | GX

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

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

## TUESDAY

12pm - 12:55pm  
Zumba  
Natalia | GX

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

6pm - 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  
Allison | GX

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

## WEDNESDAY

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

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

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

4:30pm - 5:15pm  
Kids Zumba  
Natalia | GX (3+)

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

5:30pm - 6:25pm  
Kids Yoga  
Nuvana | MB (6+)

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

12pm - 12:55pm  
Zumba Toning  
Allison | 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

8:15pm - 9:15pm  
Zumba Toning  
Natalia | GX

## FRIDAY

12pm - 12:55pm  
Zumba  
Bu | GX

12:30pm - 1:30pm  
Mat Pilates  
Stephanie | MB

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

6pm - 7:30pm  
Yin Yang Yoga  
Jamie | MB

## SATURDAY

## SUNDAY

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

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

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

