

WINTER 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

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

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
Circuit Training
 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
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

9:15am - 10:10am
TRX Circuit
 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 - 10am
Beginning Cycle
 Jen | CS

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

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

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

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/Jodi | MB

9am - 9:55am
Cycle
 Mallory | CS

9am - 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

10am - 10:55am
Family Cycle
 Mallory | CS

SUNDAY

8:15am - 9:10am
Kickboxing Circuit
 Raelyne | GX

8:30am - 9:25am
Cycle
 Mallory | CS

9am - 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

10am - 10:55am
Family Cycle
 Mallory | CS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12pm - 12:55pm LesMills BodyPump Diane GX	12pm - 12:55pm Zumba Natalia GX	12pm - 12:55pm Dancing at the Barre Ethan MB	12pm - 12:55pm Zumba Toning Allison GX	12pm - 12:55pm Zumba Bu GX		4pm - 4:55pm Yin Yoga Jamie MB
5:15pm - 6:10pm Zumba Bu GX	5:30pm - 6:25pm H.I.I.T. Blast Michaela GX	12pm - 12:55pm LesMills BodyPump Kristi GX	5:30pm - 6:25pm H.I.I.T. Blast Helena GX	12:30pm - 1:30pm Mat Pilates Stephanie MB		5pm - 5:55pm Tai Chi Jamie GX
5:30pm - 6:30pm Youth Running Club Mike *Fee Based Class	6pm - 6:45pm TRX Circuit Patrick BC	1:05pm - 2:00pm Tai Chi Jamie GX	5:30pm - 6:25pm POP Pilates Nisi MB	6pm - 6:55pm Hip Hop 101 Vilay GX		6:15pm - 7:10pm Zumba Bu GX
5:30pm - 6:25pm Vinyasa Flow Lanae MB	6pm - 6:45pm Beginning Cycle Jennifer CS	4:30pm - 5:15pm Kids Zumba Natalia GX (3+)		6pm - 7:30pm Yin Yang Yoga Jamie MB		
6pm - 7pm Cycle Patrick CS	5:30pm - 6:25pm POP Pilates Nisi MB	5:15pm - 5:45pm Thirty 2 Burn Melanie GX	6:35pm - 7:30pm Zumba Bu GX			
6:15pm - 7:10pm LesMills BodyPump Mallory GX	6:30pm - 7:25pm Vinyasa Flow Lanae MB	5:30pm - 6:25pm Kids Yoga Nuvana MB (6+)	7:30pm - 8:40pm Booty Barre Force Ethan MB			
6:30pm - 7:10pm Yoga Fusion Jamie MB	6:35pm - 7:30pm Zumba Allison GX	5:30pm - 6:30pm Youth Running Club Mike *Fee Based Class	8:15pm - 9:15pm Zumba Toning Natalia GX			
7:15pm - 8:10pm Cardio Groove Vilay GX		5:45pm - 6:15pm BAC Strength Melanie GX				
7:30pm - 8:25pm Booty Barre Burn Samantha MB		6:15pm - 7:10pm Cardio Kickboxing Raellyne GX				
8:15pm - 9:10pm Zumba Sylvia GX		6:15pm - 7:10pm H.I.I.T. Cycle Michaela 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				
		8:30pm - 9:25pm Zumba Sylvia GX				

