

SPRING 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 Flow
 Jodi | 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

11:45am - 12pm
Intro to Cycle
 Sierra | CS

TUESDAY

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

5:30am - 6:25am
Sunrise Yoga
 Mo | MB

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

9am - 9:55am
Aqua Zumba
 Stephanie | 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

5:15am - 6:10am
Cycle Sculpt
 Sierra | 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
 Tyler | 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 - 11:30am
Yin Yoga
 Jamie | MB

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

THURSDAY

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

5:30am - 6:25am
Sunrise Yoga
 Mo | MB

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
Aqua Fitness
 Ithica | SP

9am - 9:55am
U-Jam
 Hillary | 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
Yoga Basics
 Mo | MB

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

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

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

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

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

SRING PM

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



VIEW OUR SCHEDULE
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MONDAY

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

12pm - 12:55pm
Cycle Sculpt
Sierra | CS

1pm - 1:30
Booty Barre Ex.
Sierra | MB

5:15pm - 6:10pm
REFIT Dance Fitness
Megan | GX

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

6pm - 7pm
Cycle
Patrick | CS

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

6:30pm - 7:25pm
Yoga Fusion
Jamie | MB

7:15pm - 8:10pm
Zumba
Sylvia | GX

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

TUESDAY

12pm - 12:55pm
Zumba
Natalia | GX

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

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

6pm - 6:45pm
TRX Circuit
Patrick | BC

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

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

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

WEDNESDAY

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

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

12pm - 12:55pm
Cycle TRX
Michaela | CS

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

5:15pm - 5:45pm
Thirty 2 Burn
Melanie | GX

5:45pm - 6:15pm
BAC Strength
Melanie | GX

6:15pm - 7:10pm
Cardio Kickboxing
Raellyne | GX

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

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

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

7:30pm - 8:25pm
Zumba
Sylvia | 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

6:35pm - 7:30pm
REFIT Dance Fitness
Megan | GX

6:30pm - 7:45pm
Yoga Meditative Moves
Kiyoko | MB

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

FRIDAY

12pm - 12:55pm
Zumba
Nancy | 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
Tyler | GX