

# AUGUST

VIEW OUR SCHEDULE ONLINE

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

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   | Sunday   |
|--|--|--|--|---|--|--|
| 5:30am - 6:25am<br><b>Cycle</b><br>Herb   CS                     | 5:30am - 6:30am<br><b>LesMills BodyPump</b><br>Kari   GX     | 5:15am - 6:10am<br><b>Cycle Sculpt</b><br>Sierra   CS            | 5:30am - 6:30am<br><b>LesMills BodyPump</b><br>Kari   GX       | 5:30am-6:30am<br><b>Cycle</b><br>Herb   CS                  |  |  |
| 5:30am - 6:25am<br><b>Barre Burn</b><br>Kari   MB                | 5:30am - 6:30am<br><b>Sunrise Yoga</b><br>Mo   MB            | 5:30am - 6:25am<br><b>Barre Burn</b><br>Kari   MB                | 5:30am - 6:30am<br><b>Sunrise Yoga</b><br>Mo   MB              |   |  |  |
| 7:00am - 7:55am<br><b>Mat Pilates</b><br>Stephanie   MB          | 8:30am - 9:15am<br><b>Body Works</b><br>Sierra   GX          | 7:00am - 7:55am<br><b>Mat Pilates</b><br>Stephanie   MB          |  | 8:15am - 9:10am<br><b>Fitness Basics</b><br>Helena   GX     | 8:00am - 8:55am<br><b>LesMills BodyPump</b><br>Mallory   GX    | 8:15am - 9:10am<br><b>Yoga Basics</b><br>Mo   MB             |
| 8:15am - 9:10am<br><b>Fitness Basics</b><br>Helena   GX          | 9:00am - 9:55am<br><b>Aqua Zumba</b><br>Stephanie   SP       | 8:15am - 9:10am<br><b>Fitness Basics</b><br>Helena   GX          |  | 8:20am - 9:10am<br><b>Booty Barre Burn</b><br>Sierra   MB   | 8:00am - 8:55am<br><b>Yoga Force</b><br>Sierra/Jodi   MB       | 8:15am - 9:10am<br><b>Kickboxing Circuit</b><br>Raelyne   GX |
| 8:15am - 9:10am<br><b>Barre Strength</b><br>Diane   MB           | 9:15am - 9:30am<br><b>Ab Lab</b><br>Sierra   GX              | 8:15am - 9:10am<br><b>Barre Strength</b><br>Diane   MB           | 8:30am - 9:25am<br><b>Iyengar Yoga</b><br>Nuvana   MB          | 9:00am - 9:55am<br><b>Aqua Fusion</b><br>Ithica   SP        | 9:00am - 9:45am<br><b>Cardio Xpress</b><br>Mallory   GX        | 8:30am - 9:25am<br><b>Cycle</b><br>Mallory   CS              |
| 9:00am - 9:55am<br><b>Aqua Fusion</b><br>Ithica   SP             | 9:15am - 10:10am<br><b>Yoga Basics</b><br>Jodi   MB          | 9:00am - 9:55am<br><b>Aqua Zumba</b><br>Tyler   SP               | 8:30am - 9:15am<br><b>Body Works</b><br>Sierra   GX            | 9:30am - 10:25am<br><b>Cycle</b><br>Sierra   CS             | 9:00am - 9:55am<br><b>Aqua Fitness</b><br>Ithica   SP          | 9:30am - 10:25am<br><b>Cardio Xtreme</b><br>Mallory   GX     |
| 9:15am - 10:10am<br><b>Cycle</b><br>Tami   CS                    | 9:30am - 10:25am<br><b>TRX Circuit</b><br>Diane   BC         | 9:15am - 10:10am<br><b>Cycle</b><br>Patrick   CS                 | 9:15am - 10:00am<br><b>Beginning Cycle</b><br>Jen   CS         | 9:15am - 10:10am<br><b>TRX Circuit</b><br>Michele   BC      |  | 10:15am - 11:10am<br><b>Iyengar Yoga</b><br>Nuvana   MB      |
| 9:15am - 10:10am<br><b>Yoga Flow</b><br>Jodi   MB                | 9:30am - 10:30am<br><b>Cardio Sculpt</b><br>Sierra   GX      | 9:15am - 10:10am<br><b>Yoga Basics</b><br>Jamie   MB             | 9:15am - 9:30am<br><b>Ab Lab</b><br>Sierra   GX                | 9:15am - 10:10am<br><b>Les Mills BodyPump</b><br>Diane   GX |  | 11:15am - 12:10pm<br><b>Iyengar Yoga</b><br>Nuvana   MB      |
| 9:15am - 10:10am<br><b>H.I.I.T Blast</b><br>Michele   GX         | 10:30am - 11:25am<br><b>Yoga Flow</b><br>Diane   MB          | 9:15am - 10:10am<br><b>H.I.I.T Blast</b><br>Michele   GX         | 9:00am - 9:55am<br><b>Aqua Fitness</b><br>Ithica   SP          | 9:25am - 10:20am<br><b>Gentle Yoga</b><br>Sally   MB        | 10:00am - 11:25am<br><b>Zumba Toning/Blend</b><br>Allison   GX | 4:00pm - 4:55pm<br><b>Yin Yoga</b><br>Jamie   MB             |
| 10:10am - 10:25am<br><b>Ab Lab</b><br>Michele   GX               | 10:30am - 11:25am<br><b>Circuit Training</b><br>Sally   BC   | 10:10am - 10:25am<br><b>Ab Lab</b><br>Michele   GX               | 9:30am - 10:25am<br><b>Iyengar Yoga</b><br>Nuvana   MB         | 10:30am - 11:25am<br><b>Iyengar Yoga</b><br>Nuvana   MB     | 10:00am - 10:55am<br><b>Cycle</b><br>Mallory   CS              | 5:00pm - 5:55pm<br><b>Tai Chi</b><br>Jamie   GX              |
| 10:30am - 11:25am<br><b>Melt</b><br>Lila   MB                    | 10:30am - 11:45am<br><b>Power Mat Pilates</b><br>Sierra   GX | 10:30am - 11:25am<br><b>Yin Yoga</b><br>Jamie   MB               | 9:30am - 10:30am<br><b>TRX Circuit</b><br>Diane   BC           | 10:30am - 11:30am<br><b>Cardio Xtreme</b><br>Michele   GX   | 10:15am - 11:10am<br><b>Dancing at the Barre</b><br>Ethan   MB | 6:15pm - 7:10pm<br><b>Zumba</b><br>Tyler   GX                |
| 10:30am - 11:25am<br><b>Balance &amp; Strength</b><br>Sally   GX |  | 10:30am - 11:25am<br><b>Balance &amp; Strength</b><br>Sally   GX | 9:30am - 10:30am<br><b>Cardio Sculpt</b><br>Sierra   GX        | 11:30am - 12:25pm<br><b>Meditative Yoga</b><br>Nuvana   MB  | 11:15am - 12:00pm<br><b>Family Yoga</b><br>Mo   MB             |  |
| 11:35am - 12:30pm<br><b>Yoga Flow</b><br>Lila   MB               | 11:35am - 12:30pm<br><b>Gentle Yoga</b><br>Sally   MB        | 12:00pm - 12:55pm<br><b>Dancing at the Barre</b><br>Ethan   MB   | 10:30am - 11:25am<br><b>Yoga Flow</b><br>Diane   MB            | 12:00pm - 12:55pm<br><b>Zumba</b><br>Nancy   GX             |  |  |
|  | 12:00pm - 12:55pm<br><b>Zumba</b><br>Natalia   GX            | 12:00pm - 12:55pm<br><b>LesMills BodyPump</b><br>Kristi   GX     | 10:30am - 11:45am<br><b>Power Mat Pilates</b><br>Sierra   GX   |   |  |  |
| 12:00pm - 12:55pm<br><b>Cycle Sculpt</b><br>Sierra   CS          |  |  |  | 12:30pm - 1:30pm<br><b>Mat Pilates</b><br>Stephanie   MB    |  |  |
| 12:00pm - 12:55pm<br><b>LesMills BodyPump</b><br>Diane   GX      |  | 1:05pm - 2:00pm<br><b>Tai Chi</b><br>Jamie   GX                  | 11:35am - 12:30pm<br><b>Yoga Basics</b><br>Sally   MB          |   |  |  |
| 1:00pm - 1:30<br><b>Booty Barre Express</b><br>Sierra   MB       |  | 5:15pm - 5:45pm<br><b>Thirty 2 Burn</b><br>Melanie   GX          | 12:00pm - 12:55pm<br><b>Zumba Toning</b><br>Allison   GX       |   |  |  |
| 5:15am - 6:10am<br><b>REFIT Dance Fitness</b><br>Megan   GX      | 5:30pm - 6:25pm<br><b>H.I.I.T. Blast</b><br>Michaela   GX    | 5:45pm - 6:15pm<br><b>BAC Strength</b><br>Melanie   GX           | 5:30pm - 6:25pm<br><b>H.I.I.T. Blast</b><br>Helena   GX        | 5:30pm - 6:25pm<br><b>Zumba</b><br>Sylvia   GX              |  |  |
| 5:30pm - 6:25pm<br><b>Vinyasa Flow</b><br>Lanae   MB             | 5:30pm - 6:25pm<br><b>POP Pilates</b><br>Nisi   MB           |  | 5:30pm - 6:25pm<br><b>POP Pilates</b><br>Nisi   MB             | 6:00pm - 7:30pm<br><b>Yin Yang Yoga</b><br>Jamie   MB       |  |  |
| 6:00pm - 7:00pm<br><b>Cycle</b><br>Patrick   CS                  | 6:00pm - 6:45pm<br><b>TRX Circuit</b><br>Patrick   BC        | 6:15pm - 7:10pm<br><b>Kickboxing</b><br>Raelyne   ATR            | 6:30pm - 7:45pm<br><b>Yoga Meditative Moves</b><br>Kiyoko   MB |   |  |  |
| 6:15pm - 7:10pm<br><b>LesMills BodyPump</b><br>Mallory   GX      | 6:00pm - 6:55pm<br><b>Beginning Cycle</b><br>Herb   CS       | 6:25pm - 7:20pm<br><b>Power Bar</b><br>Melanie   GX              | 6:35pm - 7:30pm<br><b>REFIT Dance Fitness</b><br>Megan   GX    |   |  |  |
| 6:30pm - 7:25pm<br><b>Yoga Fusion</b><br>Jamie   MB              | 6:30pm - 7:25pm<br><b>Vinyasa Flow</b><br>Lanae   MB         | 6:30pm - 7:25pm<br><b>Iyengar Yoga</b><br>Nuvana   MB            | 7:50pm - 8:25pm<br><b>Cardio Barre Xpress</b><br>Samantha   MB |   |  |  |
| 7:15pm - 8:10pm<br><b>Zumba</b><br>Sylvia   GX                   | 6:35pm - 7:30pm<br><b>Zumba</b><br>Allison   GX              | 7:30pm - 8:25pm<br><b>Zumba</b><br>Sylvia   GX                   | 8:15pm - 9:15pm<br><b>Zumba Toning</b><br>Natalia   GX         |   |  |  |
| 7:30pm - 8:25pm<br><b>Cardio Barre</b><br>Samantha   MB          |  | 7:30pm - 8:25pm<br><b>Iyengar Yoga</b><br>Nuvana   MB            |  |   |  |  |



**BETHANY**  
ATHLETIC CLUB

AT | Athletic Training  
BC | Basketball Court  
CS | Cycle Studio  
GX | Group X  
MB | Mind & Body  
SP | SwimmingPool

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