

# FALL 2018

## VIEW OUR SCHEDULE ONLINE

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

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



**BETHANY**  
ATHLETIC CLUB

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

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