

# GROUP CLASSES



VIEW OUR SCHEDULE  
**ONLINE**

www.bethanyathleticclub.com

## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Zumba Gold - GX  
8:00am - 8:50am  
Annie

Aqua Fitness - Pool  
9:00am - 9:55am  
Fabiola

Cycle - CS  
9:00am - 9:55am  
Herb

Max Cardio - GX  
9:00am - 9:55am  
Raelyne

Barre - MB  
9:00am - 9:50am  
Allie

Balance + Strength - GX  
10:30am - 11:25am  
Sally

Slow Yoga Flow - MB  
11:40am - 12:35pm  
Sally

Body Pump - GX  
12:00pm - 12:55pm  
Diane

Zumba - GX  
5:00pm - 5:55pm  
Natalia

Cycle - CS  
5:00pm - 5:55pm  
Mallory

Body Pump - GX  
6:15pm - 7:10pm  
Mallory

Restorative Yoga - MB  
7:15pm - 8:10pm  
Nuvana

Body Pump - GX  
5:30am - 6:25am  
Martina

Fitness Basics - GX  
8:00am - 8:50am  
Annie

Iyengar Yoga - MB  
9:00am - 9:55am  
Nuvana

MAX Cardio - GX  
9:00am - 9:55am  
Wendy H

Kickboxing - BB  
10:00am - 10:55am  
Raelyne

TRX Circuit - GX  
10:05am - 10:50am  
Diane

Gentle Yoga - MB  
11:30am - 12:25pm  
Sally

Barbell CX - GX  
12:00pm - 12:55pm  
Wendy H.

Cycle - CS  
5:30pm - 6:25pm  
Wendy B.

HIIT Blast - GX  
5:30pm - 6:25pm  
Wendy H

\*\*Fun Run Club - Lobby  
6:00pm - 6:55pm  
Mike

Zumba - GX  
6:45pm - 7:40pm  
Allison

Body Balance - MB  
7:00pm - 7:50pm  
Samantha

Rise 'n Grind - GX  
6:30am - 7:25am  
Samantha

Zumba Gold - GX  
8:00am - 8:50am  
Annie

Aqua Fitness - Pool  
9:00am - 9:55am  
Annie

Cycle - CS  
9:00am - 9:55am  
Herb

Max Cardio - GX  
9:00am - 9:55am  
Raelyne

Barre - MB  
9:00am - 9:50am  
Diane

Kickboxing - BB  
10:00am - 10:55am  
Sabrina

Balance + Strength - GX  
10:30am - 11:25am  
Sally

Yoga + Pilates - MB  
11:00am - 11:55am  
Diane

Body Pump - GX  
12:00pm - 12:55pm  
Wendy B

Tai Chi - GX  
1:00pm - 1:55pm  
Jamie

Zumba - GX  
5:00pm - 5:55pm  
Jennifer

Body Pump - GX  
6:15pm - 7:10pm  
Samantha

Body Balance - GX  
7:25pm - 8:20pm  
Samantha

Body Pump - GX  
5:30am - 6:25am  
Martina

Fitness Basics - GX  
8:00am - 8:50am  
Annie

MAX Cardio - GX  
9:00am - 9:55am  
Wendy H

TRX Circuit - GX  
10:05am - 10:50am  
Diane

Slow Yoga Flow - MB  
10:15am - 11:10am  
Sally

Gentle Yoga - MB  
11:30am - 12:25pm  
Sally

Barbell CX - GX  
12:00pm - 12:55pm  
Wendy H.

Cycle - CS  
5:30pm - 6:25pm  
Wendy B

HIIT Blast - GX  
5:30pm - 6:25pm  
Wendy H

\*\*Fun Run Club - Lobby  
6:00pm - 6:55pm  
Mike

Zumba - GX  
6:45pm - 7:40pm  
Natalia

Body Balance - MB  
7:00pm - 7:50pm  
Wendy B

BAC to Bootcamp - GX  
8:00am - 8:50am  
Annie

Aqua Zumba - Pool  
9:00am - 9:55am  
Annie

Barre - MB  
9:00am - 9:50am  
Jenn

Cycle - CS  
9:00am - 9:55am  
Herb

Body Pump - GX  
9:15am - 10:10am  
Diane

Kickboxing - BB  
10:00am - 10:55am  
Raelyne

Yoga - MB  
10:00am - 11:00am  
Jamie

Tai Chi - GX  
11:15am - 12:15pm  
Jamie

Chair Yoga - MB  
4:00pm - 4:55pm  
Nuvana

Body Pump - GX  
6:15pm - 7:10pm  
Samantha

\*\*Fun Run Club - Lobby  
8:00am - 8:55am  
Mike

Body Pump - GX  
8:00am - 8:55am  
Mallory

Gentle Yoga - MB  
8:00am - 8:55am  
Mo

Cycle - CS  
9:00am - 9:55am  
Mallory

Zumba Toning - GX  
9:00am - 9:55am  
Allison

TRX Circuit - GX  
10:05am - 10:50am  
Samantha

Body Balance - GX  
11:15am - 12:10pm  
Samantha

Body Combat - GX  
8:00am - 8:55am  
Mallory

MAX Cardio - GX  
9:00am - 9:55am  
Mallory

Iyengar Yoga - MB  
10:00am - 10:55am  
Nuvana

Boxing Basics - BB  
10:00am - 10:55am  
Sabrina

Zumba - GX  
11:00am - 11:55am  
Jennifer

Tai Chi - GX  
4:00pm - 4:55pm  
Jamie

Zumba - GX  
5:00pm - 5:55pm  
Tyler

### KEY

BB: Basketball Court  
GX: Group Fitness Room  
MB: Mind/Body Studio  
CS: Cycle Studio

\*\* : Please visit front desk  
for more info



@thebethanyathleticclub



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