

Fitness Classes at Bethlehem Township Community Center
Please bring a fitness mat

Monday, August 15th

9:00am- Strength & Cardio with Deb
10:30am- Zumba Gold & Weights with Cathy
11:00am- Virtual Yoga with Donna (class will be held online)
Email: Btcenter2900@gmail.com for log in credentials
5:30pm- Step with Doreen
6:00pm- Spinning with Kelly*

Tuesday, August 16th

8:30am- Silversneakers Classic with Cathy
9:30am- Spinning with Deb*
10:00am- Kickboxing with Kathy
11:30am- Silversneakers Classic with Cathy
5:30pm- Strength & Cardio with Deb
6:30pm- Barre with Traci

Wednesday, August 17th

8:30am- Max Fit Mix with Anne Marie
(combining strength, cardio and flexibility)
8:30am- Silversneakers Yoga with Cathy *
5:30pm- Step with Doreen
6:00pm- Spinning with Cathy *
6:30pm- Zumba with Gina

Thursday, August 18th

8:00am- Weights and Zumba Gold with Cathy
9:30am- 20/20/20 with Deb
11:00am- Virtual Yoga with Donna (class will be held online)
Email: Btcenter2900@gmail.com for log in credentials
11:30am- Silversneakers Classic with Cathy
5:30pm- Toning with C

Friday, August 19th

8:30am- Zumba with Gina
10:00am- Strength Training with Kathy
11:30am- Silversneakers with Cathy

Saturday, August 20th

7:05am- Spinning with Sara*
8:00am- Body Sculpting with Adrienne*
9:30am- Zumba with Jackie

Sunday, August 21st

10:15am- Spinning with Cathy*

* These classes require reservations due to securing equipment. Please call 610-332-1900, 48 hours in advance.