BARBELL STRENGTH-IN-THE-SEASON



STAY WARM AND GET STRONG WITH OUR POP-UP BARBELL CLASSES
THIS WINTER! THESE BARBELL CLASSES BUILD TOTAL BODY
STRENGTH WITH POWERFUL MOVEMENTS, CHOREOGRAPHED TO
MOTIVATING MUSIC! COME LIFT, LAUGH AND SWEAT HARD THIS
WINTER SEASON WITH LISY!

\$5 A CLASS 10:15AM-11:15AM

PLEASE REGISTER IN ADVANCE FOR EACH CLASS
-LIMITED SPOTS AVAILABLE-





SUNDAY 2/1/26 LOVE-THE-LIFT





SUNDAY 3/1/26 THE-GREEN-GRIND



BETHLEHEM TOWNSHIP COMMUNITY CENTER
REGISTER: 610-332-1900
WWW.BETHLEHEMTOWNSHIP.ORG/BTCC