

Bethlehem Township Community Center

JANUARY AEROBICS SCHEDULE

Classes with *** Require Member Registration-48hrs in Advance 610-332-1900

MONDAY

8:00am- Functional Mobility (30min)-Vi
9:00am- Strength & Cardio-Vi
10:30am- Zumba Gold & Weights-Cathy P.
11:00am- Yoga- Donna P.

5:30pm- Step Class- Doreen
6:00pm- Spin Class- Kelly***
6:30pm- Yoga- Donna

TUESDAY

8:30am-Silver Sneakers Classic-Cathy P.
9:30am-Spin Class-Deb**
10:00am-Fit & Firm-Kathy G.
11:30am-Silver sneakers Classic- Cathy P.

5:30- Strength & Cardio-Vi
6:15pm- Barre Class- Traci

WEDNESDAY

9:00am-Max Fit Mix- Anne Marie
9:00am-Chair Yoga- Cathy P.***
11:00am-Yoga- Donna P.

5:30pm-Step Class-Doreen
6:00pm-Spin Class-Cathy P.***
6:30pm-Zumba- Gina

THURSDAY

8:00am-Zumba Gold & Weights-Cathy P.
9:30am- 20/20/20-Deb
11:30am-Silver Sneakers Classic-Cathy P.

5:30pm-Mix It Up- rotating
Anne Marie/Kathy G./Vi

FRIDAY

8:30am-Zumba-Gina
9:00am-Spin Class- Vi/Cathy P. ***
10:00am-Strength Training-Kathy G.

10:15am-Chair Yoga-Cathy P.***
11:30am-Silver SneakerClassic-Cathy P.

SATURDAY

7:00am-Spin Class-Sarah***
8:00am-Body Sculpt-Adri***
9:30am-Zumba-Lisa/Jackie

SUNDAY

10:15am-Spin Class-Cathy P.***