

BETHLEHEM TOWNSHIP COMMUNITY CENTER

July Aerobics
SCHEDULE



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" IT UP!- DOREEN
6:00PM- SPIN- KELLY***
6:30PM-YOGA-DONNA Y.

TUESDAY

8:30AM- SILVER SNEAKERS CLASSIC-CATHY P.
9:00AM-KICKBOXING- ANNE MARIE
9:30AM-SPIN- DEB***
10:00AM-FIT & FIRM- KATHY G.
11:30AM SILVER SNEAKERS CLASSIC- CATHY P.

5:30PM- STRENGTH & CARDIO- VI
6:15PM-BARRE- TRACI

WEDNESDAY

8:00AM-SPIN- KIM ***
9:00AM-MAX FIT MIX-ANNE MARIE
9:00AM-CHAIR YOGA- CATHY P.***
11:00AM- YOGA- DONNA P.

5:30PM-BODY SCULPT-LISY/ADRIANNE***
6:00PM-SPIN-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-"STEP" IT UP!- DOREEN

FRIDAY

8:30AM-ZUMBA-GINA
9:00AM-SPIN-CAHTYP./VI***
10:00AM-STRENGTH TRAINING-KATHY G.
10:15AM-CHAIR YOGA-CATHY P.***
11:30AM-SILVER SNEAKERS CLASSIC-CATHY P.

SATURDAY

7:00AM-SPIN-SARAH***
8:00AM-BODY SCULPT-ADRIANNE***
9:30AM-ZUMBA

7/6-LISA 7/13-SONYA
7/20-SONYA 7/27-LISA

SUNDAY

10:15AM-SPIN-CATHY P.***

NOTES:

CLASSES WITH *
REQUIRE MEMBER REGISTRATION
PLEASE CALL-2 DAYS IN ADVANCE
610-332-1900**