



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

AUXILIARY

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|---|---|--------------------------|
| Fall II - 2019 Schedule begins: - October 28 - December 22 Open gym policy is first come first serve! Subject to change | 8:30-9:30am AM Fit | 8:00-9:00am Core Strength | 8:30-9:30 Open Gym | 8:00-9:00am Core Strength | 8:30-9:30am AM Fit | 7:00-8:45am Open Gym | |
| | 9:30-10:30am Zumba | 9:00-12:00pm Silver Sneakers | 9:30-10:30am Open Gym | 9:00-9:45am Open Gym 9:45am-10:30 am Open Gym | 9:30-10:15am SS Yoga Stretch | 8:45 -9:30am Boot Camp 9:30-10:35am Strength Train Together/Muscle Max | |
| | 10:30-11:35pm Silver Sneakers | | 10:30-12:00pm Silver Sneakers Boom Muscle | 10:30am-12:00pm Silver Sneakers | 10:15-11:15am Zumba Gold 11:15am-4:00pm Open Gym | 10:35-11:35am Zumba 11:35am-12:30 pm Open Gym | |
| | 11:35-2:00pm Adult B-Ball 2:00-5:30pm Open Gym 5:30-5:45pm Set up for class | 12:00-4:00 pm Open Gym 4:00pm-5:00pm Open Gym 5:00-5:30 pm Open Gym | 12:00-2:00pm Adult B-ball 2:00-4:00pm Open Gym 4:00-6:00pm Open Gym | 12:00-4:00pm Open Gym 4:00-5:15 pm Open Gym 5:15-6:00 pm Open Gym | 4:00-5:00pm Open Gym 5:00-6:00pm Open Gym | 12:30-3:30pm Adult Volleyball League | 12:00-6:00pm Open Gym |
| | 5:45-6:45 pm Open Gym | 5:30 pm - 6:15 pm Barre and core | 6:00-7:00 pm Cardio Int Training | | 6:00-8:30 pm Open Gym | | |
| | 6:45-8:30 pm Open Gym | 6:15-7:15 pm - Zumba 7:15-8:30pm Open Gym | Open Gym 7:00-8:30pm Open Gym | 6:00-7:00 pm - Zumba 7:00-8:30 pm Open Gym | | | |

GREATER VALLEY YMCA, BETHLEHEM BRANCH

430 East Broad Street, Bethlehem, PA 18018
(P) 610 867 7588 (W) gv-ymca.org