



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## December Group Exercise Schedule

Bethlehem Area YMCA

<b>Studio B</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<b>NIA</b> 09:30-10:30am Meighan	<b>Zumba Gold</b> 09:30-10:15am Christine			<b>Zumba Gold</b> 09:30-10:15am Christine	
	<b>Zumba</b> 10:30-11:30am Michelle	<b>Women on Weights</b> 10:30-11:00am Alex		<b>Women on Weights</b> 10:30-11:00am Alex		
		<b>15 Minute Abs</b> 11:00-11:15am Alex		<b>15 Minute Abs</b> 11:00-11:15am Alex	<b>Yoga</b> 11:00-12:00pm Suzy	
			<b>15 Minute Abs</b> 05:30-05:45pm Alex		<b>15 Minute Abs</b> 05:30-05:45pm Alex	
		<b>Spin Flex</b> 06:00-06:30pm Tammy		<b>Spin Flex</b> 06:00-06:30pm Tammy		
			<b>Yoga</b> 07:00-08:00pm Deanna			

**December 18-24:** Subject to change without notice