



**BETHANY**  
FITNESS  
(302)539-8282

# SEPTEMBER

Group Fitness Schedule 2020

View Schedule On Line At  
[bethanyfitness.com](http://bethanyfitness.com)

and Check Us Out on Facebook (search-Bethany Fitness)

## Class Procedure

1. Check-in at Gym.
2. Pick-up "Class Card"
3. Give card to instructor in Group Exercise Building.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<b>7:00am</b> Cycle 45 w/ Lauren 9/14-w/ Jamie		<b>7:00am</b> Body Pump 45 w/ Julie				
<b>8:00am</b> Pilates Barre w/ Gini	<b>8:15am</b> Total Body Condition 45 w/ Val	<b>8:00am</b> Cycle 45 w/Lauren	<b>8:00am</b>  w/ Gini	<b>8:00am</b> Cycle 45 9/4-w/ Allison 9/11-w/ Eileen 9/18- w/ Jamie 9/25- w/ Jamie	<b>7:45am</b> PiYO 45 w/ Donna 9/26-Special Barre w/ Val	<b>8:30am</b> Cycle 45 9/6- w/ Eileen 9/13- w/ Eileen 9/20-w/ Lauren 9/27- w/ Jamie
<b>9:15am</b>  w/ Gini	<b>9:15am</b> Beginners Yoga 9/1-w/Kathy W 9/8 - w/ Tania 9/15-w/ Murray 9/22-w/ Tania 9/29-w/ Murray	<b>9:15am</b> Barre Sculpt w/ Val	<b>9:15am</b> Yoga Flow w/ Gini	<b>9:15am</b> Step Sculpt and Sweat w/ Val Sept. 4 & 18 w/ Donna	<b>9:00am</b>  w/ Charlotte	<b>9:30am</b> Total Body Condition w/ Val 9/13-Special Barre w/ Val
<b>10:30am</b> Yoga Stretch & Core w/ Gini	<b>10:30am</b>  w/ Charlotte	<b>10:30am</b> Pilates 45 Core & Stretch w/ Val	<b>★10:30am★</b> POUND w/ Linda C	<b>10:30am</b> Gentle Yoga w/ Tina Sept. 4 & 11 w/ Murray	<b>10:15am</b>  w/ Gini	<b>10:45am</b> Stretch Butt Abs w/ Val
<b>11:45am</b>  w/ Charlotte	<b>4:15pm</b> Cycle 45 w/ Jen				<b>★ CLASS CHANGES ★</b>  <b>Labor Day Hours</b> Monday Sept. 7th 6am - 5pm With No Evening Classes  Thurs. at 10:30am is now POUND class with Linda C  Sat. 9/26-at 7:45am -PiYo will be Barre class w/ Val	
<b>5:15pm</b> Cardio Core and More w/ Jen D. 9/7-No Class	<b>5:15pm</b> Barre w/ Val 9/1 & 9/15 w/ Gina	<b>5:15pm</b>  w/ Jen D.	<b>4:15pm</b> Total Body Condition w/ Jen	<b>4:15pm</b>  w/ Jen D		
<b>6:30pm</b> Cycle 60 w/ Kathy W 9/7-No Class 9/14-w/ Eileen		<b>6:30pm</b> Cycle 45 w/ Jen D.		<b>5:30pm</b> Cycle 45 w/ Jen D		