



BETHANY
FITNESS
(302)539-8282

JANUARY

Group Fitness Schedule 2021

View Schedule On Line At
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
<u>7:00am</u> Cycle 45 w/Lauren		<u>7:00am</u> Body Pump 45 w/ Julie				
★ <u>8:00am</u> ★ POUND Class w/ Linda C	<u>8:15am</u> Total Body Condition 45 w/ Val	<u>8:00am</u> Cycle 45 w/Lauren	<u>8:00am</u>  w/ Gini 1/21-w/ Neil	<u>8:00am</u> Cycle 45 w/ Kathi B 1/8-w/ Jamie Jan 1st-Special Cycle 30 starting at 8:15	★ <u>8:00am</u> ★ Beginner Yoga 45 w/ Tara	<u>8:30am</u> Cycle 45 w/ Kathi B
<u>9:15am</u>  w/ Gini 1/18-w/ Julie	<u>9:15am</u> Beginners Yoga Jan. 12 & 26 w/ Tania 1/5-w/ Murray 1/19-w/ Murray	<u>9:15am</u> Barre Sculpt w/ Val	<u>9:15am</u> Yoga Flow Jan. 14 & 28 w/ Tina 1/7-w/ Tara 1/21- w/ Tara	<u>9:15am</u> Step Sculpt and Sweat w/ Val 15,29-w/ Julie Jan 1st-Special Strength/Core w/ Kathi B	<u>9:00am</u>  w/ Charlotte	<u>9:30am</u> Total Body Condition w/ Val 1/17-Special Barre w/ Val
<u>10:30am</u> Yoga 45 Stretch & Core w/ Gini 1/18-w/ Murray	<u>10:30am</u>  w/ Charlotte	<u>10:30am</u> Pilates 45 Core & Stretch w/ Val		<u>10:30am</u> Gentle Yoga w/ Tina	<u>10:15am</u>  w/ Gini Jan 16 & 23 w/ Julie	<u>10:45am</u> Stretch Butt Abs w/ Val
<u>11:45am</u>  w/ Charlotte	<u>4:15pm</u> Cycle 45 w/ Jen				★ CLASS CHANGES ★ Jan. 1st classes 8:15am - Cycle 30 9:15am - Strength & Core 10:30am - Gentle Yoga Gym Hrs. Jan 1st 8am-6pm Mon. 8am - Is now Pound Tues. 5:15pm - is now Body Sculpt Sat. 8am - Is now Beginners Yoga 45	
<u>5:15pm</u> Cardio Core and More w/ Jen D.	★ <u>5:15pm</u> ★ Body Sculpt w/ Val Jan 5 & 19 w/ Julie	<u>5:15pm</u>  w/ Jen D.	<u>4:15pm</u> Total Body Condition w/ Jen	<u>4:15pm</u>  w/ Jen D. No Class 1/1		
★ <u>6:30pm</u> ★ Pedal & Punch w/ Kathy W 1/18-No Class		<u>6:30pm</u> Cycle 45 w/ Jen D.		<u>5:30pm</u> Cycle 45 w/ Jen D. No Class 1/1		