



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

# NOVEMBER




Group Fitness Schedule 2021

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
7:00am Cycle 45 w/ Katie		7:00am Body Pump 45 w/ Julie	7:00am Cycle 45 w/ Kathi B 11/25-w/ Katie	7:00am Total Body Condition 45 w/ Vicki 11/26-w/ Val.		
8:00am Step Sculpt and Sweat w/ Vicki 11/22-w/ Gina	8:15am Total Body Condition 45 w/ Val	8:00am Cycle 45 w/Lauren	8:00am  Katie 11/11-w/Neil	8:00am Cycle 45 w/ Kathi B 11/26-w/ Katie	8:00am Beginner Yoga 45 w/Liz	8:30am Cycle 45 w/ Kathi B 11/28-w/ Katie
9:15am  Katie	9:15am Beginners Yoga w/ Murray 11/9- w/ Tania	9:15am Barre Sculpt w/ Val	9:15am Yoga Flow w/ Murray	9:15am Step Sculpt and Sweat w/ Val Nov. 12 & 26 w/ Gina	9:00am  w/ Charlotte	9:30am Total Body Condition w/ Val Nov. 7 & 21 Special Barre w/ Val
10:30am Yoga Flow w/ Kathy W	10:30am  w/ Charlotte	10:30am Pilates 45 Core & Stretch w/ Val		10:30am Gentle Yoga w/ Tina 11/26-w/Murray	10:15am  11/6-w/ Neil Nov. 13 & 20 with Julie 11/27-w/ Katie	10:45am Stretch Butt Abs w/ Val
11:45am  w/ Charlotte	4:15PM Cycle 45 w/ Jen				<p>★ CLASS CHANGES ★</p> <p>Thanksgiving 11/25 Gym Hours 6-2 with no evening classes</p> <p>Sun. 9:30am on 11/7 and 11/21 - Special Barre Class with Val</p> <p>Mon. 11/22 at 6:30pm Special Give Thanks Ride w/ Kathy W.</p> <p>Fri. at 4:15pm now Body Pump w/ Jen</p>	
5:15pm Cardio Core and More w/ Kathy W	5:15pm Body Sculpt w/ Val Nov. 9 & 16 w/ Gina	★ 5:15pm ★ AMPD Build w/ Linda C	4:15pm Total Body Circuit w/ Jen 11/25-No Class	★ 4:15pm ★  w/ Jen		
6:30pm Pedal & Punch w/ Kathy W 11/22-Special Give Thanks Ride				5:30pm Cycle 45 W/ Jen		