

# GROUP FITNESS SCHEDULE

## Bethlehem Racquetball & Fitness Club

| Monday                  | Tuesday                            | Wednesday                        | Thursday                | Friday  | Saturday                | Sunday                  |
|-------------------------|------------------------------------|----------------------------------|-------------------------|---|-------------------------|-------------------------|
| 6:00 AM<br>FREEWHEELIN' | 6:00 AM<br>FREEWHEELIN'            | 6:00 AM<br>SCULPT/KB             | 5:45 AM<br>FREEWHEELIN' | 6:00 AM<br>FREEWHEELIN'   | 8:00 AM<br>POWER YOGA   |                         |
| 9:15 AM<br>CARDIO       |                                    | 9:15 AM<br>CARDIO                |                         | 6:00 AM<br>POWER YOGA   | 8:00 AM<br>SCULPT       |                         |
|                         | 9:15 AM<br>CARDIO                  | 9:15 AM<br>STEP                  | 9:15 AM<br>POWER YOGA   | 9:15 AM<br>CARDIO   | 9:00 AM<br>FREEWHEELIN' | 8:30 AM<br>FREEWHEELIN' |
| 9:30 AM<br>FREEWHEELIN' | 9:15 AM<br>SCULPT                  | 9:30 AM<br>FREEWHEELIN'          | 9:15 AM<br>SCULPT       | 9:30 AM<br>FREEWHEELIN'   | 9:15 AM<br>CARDIO       | 9:15 AM<br>CARDIO       |
|                         |                                    |                                  |                         |   | 9:15 AM<br>STEP         | 9:15 AM<br>STEP         |
| 4:30 PM<br>STEP         | 4:30 PM<br>CARDIO                  | 4:30 PM<br>STEP                  | 4:30 PM<br>CARDIO       |   |                         |                         |
| 5:30 PM<br>CARDIO       | 5:30 PM/6:15 PM<br>KICK BOX/SCULPT | 5:30 PM/6:15 PM<br>CARDIO/SCULPT | 5:30 PM<br>KICK BOXING  | <div style="border: 1px solid black; padding: 5px;"> <b>Get on the Ball or Pilates</b> may replace some Sculpt classes. See weekly schedule.                 </div> |                         |                         |
| 6:00 PM<br>FREEWHEELIN' |                                    | 6:00 PM<br>FREEWHEELIN'          | 6:30 PM<br>POWER YOGA   |   |                         |                         |
| 6:00 PM<br>PILATES      |                                    |                                  |                         |   |                         |                         |

## Allentown Racquetball & Fitness Club

| Monday                  | Tuesday                  | Wednesday               | Thursday                 | Friday                  |
|-------------------------|--------------------------|-------------------------|--------------------------|-------------------------|
| 6:00 AM<br>FREEWHEELIN' |                          | 6:00 AM<br>FREEWHEELIN' | 5:45 AM<br>SCULPT        | 6:00 AM<br>FREEWHEELIN' |
| 12:15 PM<br>SCULPT      | 12:15 PM<br>FREEWHEELIN' | 12:15 PM<br>SCULPT      | 12:15 PM<br>FREEWHEELIN' |                         |
| 5:30 PM<br>POWER YOGA   | 7:00 PM<br>SELF-DEFENSE  |                         | 7:00 PM<br>SELF-DEFENSE  |                         |

- ❖ Tuesday and Wednesday evenings alternate with Sculpt following either KB or Cardio at BRC. Cardio and KB alt. @ TFC on Tues. Many 6AM classes also alternate.
- ❖ Monday and Wednesday evenings alternate with Step and Interval at ARC
- ❖ Sunday alternates with Cardio and Step at TFC am & Cardio and Yoga at BRC pm

## Westend Racquet, Swim & Fitness Club

| Monday                         | Tuesday                    | Wednesday              | Thursday                | Friday  | Saturday                | Sunday                |
|--------------------------------|----------------------------|------------------------|-------------------------|---|-------------------------|-----------------------|
|                                |                            |                        |                         |   | 8:00 AM<br>SCULPT       |                       |
| 8:15 AM<br>STEP                | 8:15 AM<br>SCULPT          | 8:15 AM<br>STEP        | 8:15 AM<br>CARDIO       | 8:15 AM<br>SCULPT   | 9:00 AM<br>CARDIO       | 8:30 AM<br>POWER YOGA |
| 9:15 –11:00AM<br>CARDIO/SCULPT | 9:15 –10:30 AM<br>INTERVAL | 9:15 AM<br>KICK BOXING | 9:15 AM<br>SCULPT       | 9:15 AM<br>CARDIO/INTV  | 9:00 AM<br>FREEWHEELIN' |                       |
|                                | 9:30 AM<br>FREEWHEELIN'    |                        | 9:30 AM<br>FREEWHEELIN' | 10:15 AM<br>POWER YOGA  | 10:00 AM<br>KICK BOXING | 10:00 AM<br>STEP      |
| 4:30 PM<br>POWER YOGA          |                            | 4:30 PM<br>SCULPT      | 4:30 PM<br>CARDIO       |   |                         |                       |
| 5:30 PM<br>CARDIO              | 5:30 PM<br>FUSION/YOGA     | 5:30 PM<br>KICK BOXING | 5:30 PM<br>SCULPT       | <div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> <li>❖ Class formats and times are subject to change.</li> <li>❖ Schedules may vary on major holidays. Please arrive on time for classes</li> </ul> </div> |                         |                       |
|                                | 6:00 PM<br>FREEWHEELIN'    | 6:30 PM<br>POWER YOGA  | 6:00 PM<br>FREEWHEELIN' |   |                         |                       |

## Trexlerstown Fitness Club

| Monday                     | Tuesday                | Wednesday               | Thursday               | Friday                   | Saturday              | Sunday                  |
|----------------------------|------------------------|-------------------------|------------------------|--------------------------|-----------------------|-------------------------|
| 9:15 AM<br>GET ON THE BALL | 6:00 AM<br>STEP        | 9:15 AM<br>POWER YOGA   |                        | 9:15 AM<br>STEP          | 8:00 AM<br>POWER YOGA | 9:00 AM<br>FREEWHEELIN' |
|                            | 9:15 AM<br>CARDIO      | 9:30 AM<br>FREEWHEELIN' | 9:15 AM<br>STEP/SCULPT | 10:15 AM<br>BEG. PILATES | 9:00 AM<br>SCULPT     | 9:00 AM<br>CARDIO/STEP  |
|                            | 10:15 AM<br>PILATES    |                         |                        |                          |                       |                         |
| 5:30 PM<br>SCULPT          | 5:30 PM<br>CARDIO/YOGA | 5:30 PM<br>STEP         | 5:30 PM<br>KICK BOXING | 7-01-08kcl               | 10:15 AM<br>TAI CHI   |                         |
| 6:00 PM<br>FREEWHEELIN'    | 6:30 PM<br>STEP/SCULPT |                         | 6:30 PM<br>POWER YOGA  |                          |                       |                         |
|                            |                        | 6:30 PM<br>TAI CHI      |                        |                          |                       |                         |

**FREEWHEELIN' & POWER YOGA Participants:** Check in no later than 10 minutes prior to class. It is strongly suggested that you talk to the instructor prior to participating in **Freewheelin'** classes.