

24-7 FITNESS CLUBS GROUP FITNESS SCHEDULE

Bethlehem Racquetball & Fitness Club

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM FREEWHEELIN'	5:45AM FREEWHEELIN'	5:45 AM SUNRISE BC/SC	5:45AM FREEWHEELIN'	5:45 AM POWER YOGA	8:00 AM POWER YOGA	
					8:00 AM SCULPT	
9:15 AM ST/ SC/BC	9:15 AM SCULPT	9:15 AM ZUMBA	9:15 AM POWER YOGA	9:15 AM ZUMBA/CARD MIX	9:00 AM FREEWHEELIN'	8:30 AM FREEWHEELIN'
9:30 AM FREEWHEELIN'	9:30 AM FREEWHEELIN'	9:30 AM FREEWHEELIN'	9:15 AM SCULPT	9:30 AM FREEWHEELIN'	9:15 AM CARDIO	9:15 AM CARDIO
12:15 PM SCULPT	12:15 PM FREEWHEELIN'	12:15 PM SCULPT	12:15 PM FREEWHEELIN'		9:15 AM STEP?	9:15 AM STEP
4:30 PM STEP	4:30 PM CARDIO	4:30 PM STEP		4:30 PM STEP		
5:30 PM BELLY DANCE	5:30 PM BOOTCAMP	5:30 PM ZUMBA	5:30 PM BASIC TRAININ'		*Wed 5:45am class alternates Bootcamp & Sculpt at BRC *Wed 5:30pm class alternates Step & Hip Hop Hustle at TFC. *Fri 9:15am Class alternates Zumba & Cardio Mix at BRC *Sun 9:00am class alternates Zumba & Turbo Kick at TFC. *Sun 9:15am class alternates Step & BC at WRC	
6:00 PM FREEWHEELIN'		6:00 PM FREEWHEELIN'	6:30 PM POWER YOGA			
6:00 PM PILATES						

Get on the Ball or **Pilates** may replace some Sculpt classes. See weekly schedule.

Westend Racquet, Swim & Fitness Club

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM FREEWHEELIN'	5:45 AM FREEWHEELIN'	5:45 AM FREEWHEELIN'	5:45 AM SCULPT	5:45 AM FREEWHEELIN'		
	8:15 AM SCULPT	8:15 AM STEP	8:15 AM CARDIO	8:15 AM SCULPT	8:00 AM SCULPT	8:00 AM POWER YOGA
9:15-10:30 AM 30 CARD/30 SC	9:15 AM INTERVAL	9:15 AM KICK BOXING	9:15 AM SCULPT	9:15 AM INTERVAL	9:00 AM KICK BOXING	9:15 AM STEP/BC
	9:30 AM FREEWHEELIN'		9:30 AM FREEWHEELIN'	10:15 AM POWER YOGA	9:00 AM FREEWHEELIN'	
4:30 PM POWER YOGA		4:30 PM SCULPT	4:30 PM CARDIO/BC	5:30 PM CARDIO		
5:30 PM BOOTCAMP	5:30 PM POWER YOGA	5:30 PM KICK BOXING			❖ Class formats and times are subject to change. ❖ Schedules may vary on major holidays	
	6:00 PM FREEWHEELIN'	6:30 PM POWER YOGA				

Trexlerstown Fitness Club

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 AM GET ON THE BALL	9:15 AM ZUMBA	9:15 AM POWER YOGA	5:45 AM FREEWHEELIN'	9:15 AM STEP	8:00 AM POWER YOGA	9:00 AM FREEWHEELIN'
9:30 AM FREEWHEELIN'	10:15 AM PILATES	9:30 AM FREEWHEELIN'	9:15 AM STEP/SCULPT	10:15 AM PILATES	9:00 AM SCULPT	9:00 AM ZUMBA/TURBO
					10:15 AM TAI CHI	
5:30 PM SCULPT	5:30 PM KB/HIP HOP/BC	5:30 PM STEP/HIP HOP	5:30 PM TURBO KICK	9/12/11kcl	11:15 AM BEG. TAI CHI	
6:00 PM FREEWHEELIN'	6:30 PM CARD/SCULPT	6:00 PM FREEWHEELIN'	6:30 PM POWER YOGA			

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**.