

Social Distancing Classes at Bethlehem Township Community Center

Classes will be held inside, masks required at all times.

All reservation based, 48 hours in advance. Please call 610-332-1900 for a reservation.

Currently for members only. Not accepting walk-ins. Please bring a fitness mat.

BTCC Hours: Monday – Thursday 6am-8pm, Friday 6am-7pm, Saturday 7am-4pm, Sunday 10am-2pm

Monday, January 11th

10:30am- Zumba Gold & Weights with Cathy
5:00pm- Zumba with Donna
6:00pm- Step with Doreen
6:00pm- Spinning with Kelly

Tuesday, January 12th

8:30am- Silversneakers Classic with Cathy
9:30am- Kickbox and Core with Kathy G.
11:00am- Virtual Yoga with Donna (class will be held online only)
Email: Btcenter2900@gmail.com for log in credentials
11:30am- Silversneakers Classic with Cathy
6:30pm- Barre with Traci

Wednesday, January 13th

9:00am- Silversneakers Yoga with Cathy
5:30pm- Step with Doreen
6:00pm- Spinning with Kelly
6:30pm- Zumba with Alan

Thursday, January 14th

8:00am- Toning Tabata with Cathy
11:00am- Virtual Yoga with Donna (class will be held online only)
Email: Btcenter2900@gmail.com for log in credentials
11:30am- Silversneakers Classic with Cathy
5:30pm- Toning with Cathy

Friday, January 15th

8:45am- Zumba with Donna
10:00am- Strength Training with Kathy G.
11:30am- Silversneakers Classic with Cathy

Saturday, January 16th

8:00am- Spinning with Sara
9:30am- Zumba with Jackie

Sunday, January 17th

10:15am- Spin N Tone with Cathy