

Bethlehem Township
Community Center
2900 Farmersville Road
Bethlehem, Pa 18020

Phone: 610-332-1900
www.bethlehemtownship.org
Check us out on Facebook!



Saturdays, 8-9am
May 12, 19, 26 and June 2
Instructor Amy

A high intensity total body workout that combines strength and endurance through a combination of calisthenics, core work, interval training, plyometric exercises, muscle conditioning, and partner drills. Ranging from circuit style that kick starts your cardiovascular fitness to creative muscle building exercises using minimal equipment. Each class will bring its own challenges, no two classes will be the same!

Member: Free; but please register at the front desk.
Non Member of BTCC: \$15