

**Doylestown Live Group Exercise Schedule**

**Daytime Classes**

**June 14 – August 31, 2021**

**"We're here for you."**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>Spin</b> 6:00 – 6:45am Laurie   Studio 4	<b>Gentle Aqua Aerobics</b> 6:00 - 6:45am Kim H.   WP	<b>BodyCombat™</b> 7:15 – 8:00am Aryana   OS1/Studio 3**	<b>Spin</b> 6:00 – 6:45am Kathy K. Studio 4	<b>Interval Training</b> 7:15 – 8:00am Carrene   OS1/Studio 3**	<b>Interval Boot Camp</b> 7:30 - 8:15am Michele   OS1/Studio 3**	<b>BodyPump™</b> Kristen L. 8:30 - 9:15am Studio 3
<b>Total Body Conditioning</b> 7:30 - 8:15am Laurie   Studio 3	<b>BodyPump™</b> 7:00 - 7:45am Megan   Studio 3	<b>Pilates</b> 8:00 - 8:45am Vicki C. Studio 1	<b>Gentle Aqua Aerobics</b> 6:00 - 6:45am Kim H.   WP	<b>Gentle Aqua Aerobics</b> 8:00 - 8:45am Kim H.   WP	<b>Spin</b> 8:00 – 8:45am Kathy K. Studio 4	<b>Slow Flow Yoga</b> 9:00 - 9:45am Cathy S. Studio 1
<b>Gentle Aqua Aerobics</b> 8:00 - 8:45am Kim H.   WP	<b>Aqua Yoga</b> 8:00 - 8:45am Sandy   WP	<b>Aqua Aerobics</b> 8:00 - 8:45am Maureen   WP	<b>BodyPump™</b> 7:00 - 7:45am Megan   Studio 3	<b>Aqua Tabata</b> 9:00 - 9:45am Michele.   LP	<b>Hatha Yoga</b> 8:30 – 9:15am Sandy   Studio 1	<b>Spin</b> 9:30 – 10:15am Robin Studio 4
<b>Aqua Aerobics</b> 9:00 - 9:45am Kim H.   LP	<b>Strength &amp; Sculpt</b> 8:00 - 8:45am Candi   Studio 1	<b>Aqua Balance, Stretch &amp; Strengthen</b> 9:00 - 9:45am Maureen   LP	<b>Aqua Yoga</b> 8:00 - 8:45am Sandy   WP	<b>Aqua Arthritis</b> 11:00am – 12:00pm Kim H.   WP	<b>BodyPump™</b> 8:30 - 9:15am Dana   Studio 3	<b>Zumba®</b> 9:30 - 10:15am Elena/Amber   Studio 3
<b>Aqua Arthritis</b> 11:00am – 12:00pm Kim H.   WP	<b>Aqua Zumba®</b> 9:00 - 9:45am Michael   LP	<b>Beginner Spin</b> 10:15am – 11:00am Sue   Studio 4	<b>Aqua Dance</b> 9:00 - 9:45am Maria   LP	<b>(begins 7/23) Silver Sneakers® Total Body Strength</b> 11:30 - 12:15pm Jo-Ann   Studio 3	<b>BodyCombat™</b> 9:30 - 10:15am Nicole S.   OS1/Studio 3**	<b>BodyCombat™</b> 9:30 - 10:15am Nicole S.   Studio 2 <b>V&amp;RTUALIVE</b>
<b>(begins 7/19) Silver Sneakers® Total Body Strength</b> 11:30 - 12:15pm Jo-Ann   Studio 3	<b>Tai Chi</b> 9:00 – 9:45am Kyle   Studio 1	<b>Aqua Arthritis</b> 11:00am – 12:00pm Maureen   WP	<b>BodyPump™</b> 9:15 – 10:00am Carrene Studio 3	<b>Express Spin</b> 12:00 – 12:30pm Vicki A.   Studio 4		<b>Les Mills CORE™</b> 10:30 – 11:00am Nicole S.   Studio 3 <b>V&amp;RTUALIVE</b>
	<b>BodyPump™</b> 9:15 – 10:00am Carrene Studio 3	<b>(begins 7/21) Silver Sneakers® Total Body Strength</b> 12:15pm – 1:00pm Jo-Ann   Studio 3	<b>Vinyasa Yoga</b> 10:00 – 10:45am Yuki   Studio 1			
	<b>Low Impact Aerobics</b> 10:15 – 11:00am Cathy M.   Studio 3		<b>Les Mills CORE™</b> 10:15 – 10:45am Nicole S.   Studio 3 <b>V&amp;RTUALIVE</b>			
	<b>Aqua Arthritis</b> 11:00am – 12:00pm Maureen   WP		<b>Aqua Arthritis</b> 11:00am – 12:00pm Maureen   WP			
	<b>Sit &amp; Be Fit</b> 11:15am – 12:00pm Cathy M.   Studio 3		<b>Sit &amp; Be Fit</b> 11:15am – 12:00pm Cathy M.   Studio 3			
	<b>Express Spin</b> 12:00 – 12:30pm Megan M.   Studio 4					

**Doylestown Virtual & Live Group Exercise Schedule  
Evening Classes  
June 14 – August 31, 2021**

**“We’re here for you.”**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SAT.</b>	<b>SUNDAY</b>
<b>BodyPump™</b> 6:00pm – 6:45pm Carolyn   Studio 3	<b>Interval Boot Camp</b> 6:30 - 7:15pm Michele F.   Studio 3	<b>Zumba®</b> 6:00 - 6:45pm Elena   Studio 3	<b>BodyCombat™</b> 6:00 - 6:45pm Aryana   Studio 3			
<b>Zumba®</b> 6:00 – 6:45pm Gina   OS1/Studio 1**		<b>Strength &amp; Sculpt</b> 6:00- 6:45pm Candi   Studio 1	<b>Spin</b> 6:00 – 6:45pm Kathy K. Studio 4			
<b>Les Mills CORE</b> 7:00 - 7:30pm Carolyn Studio 3		<b>Vinyasa Yoga</b> 7:00 – 7:45pm Eric Studio 1	<b>Gentle Aqua Aerobics</b> 6:00 – 6:45pm Dot   WP			
<b>Vinyasa Yoga</b> 7:00 – 7:45pm Maggie   Studio 1						

**Doylestown Group Exercise Schedule  
Summer | June 14 – August 31, 2021  
Group Exercise classes are included in  
your membership.  
Registration required for Spin and Aquatic  
Group Exercise classes.**

In cases of inclement weather, such as rain or extreme heat, classes marked with \*\* will shift to indoors.

Please check [ymcabucks.org](http://ymcabucks.org) for updates and visit us on the Y Wellness 24/7 virtual platform for our live Virtual Group Exercise classes and hundreds of demand video content!