

Doylestown Virtual & Live Group Exercise Schedule

Daytime Classes

January 4, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT 6:00 - 6:45am Steph V&RTUAL	Gentle Aqua Aerobics 6:00 - 6:45am Kim H. WP	Yoga 6:00 - 7:00am Laura S. V&RTUAL	Gentle Aqua Aerobics 6:00 - 6:45am Kim H. WP	HIIT 6:30 - 7:00am Carolyn V&RTUAL	Interval Boot Camp 7:30 - 8:15am Michele BB Courts	BodyPump™ Kristen L. 8:30 - 9:15am BB COURTS
Total Body Conditioning 7:30 - 8:15am Laurie BB COURTS	(begins 2/9) Interval Training 6:30 - 7:15am Heather V&RTUAL	BodyCombat™ 7:15 - 8:00am Aryana OS1	Interval Training 6:30 - 7:15am Renzo V&RTUAL	Interval Training 7:15 - 8:00am Carrene BB COURTS	Circuit Workout 8:00 - 8:45am Andrea V&RTUAL	Slow Flow Yoga 9:00 - 9:45am Cathy S. Gym A/B
Gentle Aqua Aerobics 8:00 - 8:45am Kim H. WP	BodyPump™ 7:00 - 7:45am Megan BB COURTS	Pilates 8:00 - 8:45am Vicki C. Teen Center V&RTUALIVE	BodyPump™ 7:00 - 7:45am Megan BB COURTS	Gentle Aqua Aerobics 8:00 - 8:45am Kim H. WP	Hatha Yoga 8:00 - 8:45am Sandy Gym A/B	Zumba® 9:30 - 10:15am Elena OS1
Pilates 8:30 - 9:15am Vicki C. V&RTUAL	Aqua Yoga 8:00 - 8:45am Sandy WP	Aqua Aerobics 8:00 - 8:45am Maureen WP	Stretch & Balance 8:00 - 8:45am Melinda V&RTUAL	Pop Pilates® 8:00 - 8:45am Melinda V&RTUAL	Barre Fusion 8:30 - 9:15am Tricia V&RTUAL	BodyCombat™ 9:30 - 10:15am Nicole S. V&RTUAL
Aqua Aerobics 9:00 - 9:45am Kim H. LP	Strength & Sculpt 8:00 - 8:45am Candi Gym A/B	Aqua Balance, Stretch & Strengthen 9:00 - 9:45am Maureen LP	Aqua Yoga 8:00 - 8:45am Sandy WP	Aqua Zumba® 9:00 - 9:45am Mike LP	BodyPump™ 8:30 - 9:15am Carrene BB COURTS	CXWORX™ 10:30 - 11:00am Nicole S. V&RTUAL
Chair Yoga 9:30 - 10:15am Cathy S. V&RTUAL	Aqua Zumba® 9:00 - 9:45am Mike LP	Gentle Yoga 9:00 - 9:45am Cathy S. V&RTUAL	Aqua Tabata 9:00 - 9:45am Michele Z. LP	Strength & Sculpt 9:30 - 10:15am Megan V&RTUAL	Zumba® 9:00 - 9:45am Natalie V&RTUAL	Vinyasa Yoga 11:00am - 12:00pm Elda V&RTUAL
HIIT 9:30 - 10:15am Megan V&RTUAL	Tai Chi 9:00 - 9:45am Kyle Teen Center	Leg Day 9:30 - 10:15am Megan V&RTUAL	BodyPump™ 9:15 - 10:00am Carrene V&RTUAL	Gentle Yoga 9:30 - 10:30am Elda V&RTUAL	Pilates 9:30 - 10:15am Tricia V&RTUAL	
Strength & Sculpt 9:30 - 10:15am Tricia V&RTUAL	BodyPump™ 9:15 - 10:00am Kristen L. V&RTUAL	Interval Training 9:30 - 10:15am Carrene V&RTUAL	H2O Cardio 10:00 - 10:45am Cathy M. LP	Ab Blast! 10:30 - 11:00am Jen V&RTUAL	BodyCombat™ 9:30 - 10:15am Nicole S. OS1	
Ab Blast! 10:30 - 11:00am Jen V&RTUAL	Aqua Tabata 10:00 - 10:45am Michele LP	Pilates 10:30 - 11:15am Andrea V&RTUAL	Vinyasa Yoga 10:00 - 11:00am Yuki Teen Center	Low Impact Movement & Strength 11:00 - 11:45am Megan V&RTUAL	Hatha Yoga 10:00 - 11:00am Sandy V&RTUAL	
Low Impact Movement & Strength 11:00 - 11:45am Megan V&RTUAL	CXWORX™ 10:15 - 10:45am Nicole S. V&RTUAL	Hatha Yoga 11:00am - 12:00pm Elda V&RTUAL	CXWORX™ 10:15 - 10:45am Nicole S. V&RTUAL	Aqua Arthritis 11:00 - 11:45am Kim H. WP		
Aqua Arthritis 11:00 - 11:45am Kim H. WP	Tank Top Arms 10:30 - 11:15am Megan V&RTUAL	Stretch & Balance 11:00 - 11:45am Megan V&RTUAL	Chest & Back 10:30 - 11:15am Megan V&RTUAL			
	Low Impact Aerobics 11:30 - 12:15pm Betsy V&RTUAL	Aqua Arthritis 11:00 - 11:45am Maureen WP	Barre Fusion 11:00 - 11:45am Tricia V&RTUAL			
	Aqua Arthritis 11:00 - 11:45am Maureen WP	Zumba® Gold 12:00 - 12:45pm Melinda V&RTUAL	Aqua Arthritis 11:00 - 11:45am Maureen WP			

Classes with the **V&RTUAL** icon can be streamed live on our Virtual Wellness Platform

Classes with the **V&RTUALIVE** icon are classes that take place live from the branch while streaming to members on our Virtual Wellness Platform.

	HIIT 12:00 - 12:30pm Steph V&RTUAL		Low Impact Aerobics 11:30 - 12:15pm Cathy M. V&RTUAL			
	Aqua Arthritis 12:00 - 12:45pm Maureen WP		Chair Yoga 12:00 - 1:00pm Ogden V&RTUAL			
	Chair Yoga 12:00 - 1:00pm Ogden V&RTUAL		HIIT 12:00 - 12:30pm Andrea V&RTUAL			
			Aqua Arthritis 12:00 - 12:45pm Maureen WP			
			Gentle Yoga 2:00 - 3:00pm Sandy V&RTUAL			

Doylestown Virtual & Live Group Exercise Schedule
Evening Classes
January 4, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	SUNDAY
Zumba® 5:00 - 5:45pm Leanne S. V&RTUAL	Strength & Sculpt 5:30 - 6:15pm Andrea V&RTUAL	TBC 5:30 - 6:15pm Katie B. V&RTUAL	Zumba® 5:00 - 5:45pm Elena V&RTUAL	ZUMBA® Kids 6:00 - 6:30pm Elena V&RTUAL		
Interval Strength Training 5:30 - 6:15pm Jamie B. V&RTUAL	PIIT 5:30 - 6:15pm Steph V&RTUAL	Zumba® 6:00 - 6:45pm Elena OS1	Kickboxing 5:30 - 6:15pm Katie B. V&RTUAL	Family Yoga 6:45 - 7:15pm Sandy V&RTUAL		
Zumba® 6:00 - 6:45pm Gina OS1	Interval Boot Camp 6:30 - 7:15pm Michele F. OS1	BollyX® 6:15 - 7:00pm Gina V&RTUAL	BodyCombat™ 6:00 - 6:45pm Aryana OS1			
Yoga Qi Gong 6:00 - 6:45pm Sandy V&RTUAL	Kickboxing 6:30 - 7:15pm Jamie V&RTUAL	Vinyasa Yoga 7:00 - 8:00pm Eric V&RTUAL	Interval Strength Training 6:30 - 7:15pm Renzo V&RTUAL			
CXWORX™ 6:30 - 7:00pm Carolyn V&RTUAL	Hatha Yoga 7:00 - 8:00pm Sandy V&RTUAL	Barre 7:15 - 8:00pm Nicole T. V&RTUAL				
Vinyasa Yoga 7:00 - 8:00pm Maggie Gym A/B			1/5/2020			
Barre 7:15 - 8:00pm Nicole T. V&RTUAL						

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