Y Beyond Walls at St. Francis Cabrini , Morrisville Senior Center & Chandler Hall, Newtown
Group Exercise Schedule
Daytime Classes
June 14, 2021

"We're here for you."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength & Sculpt 9:00 - 9:45am Lisa | Outside St. Francis Cabrini	**Circuit Workout** 7:00 - 7:45am Andrea | Outside St. Francis Cabrini	**Strength & Sculpt** 7:00 – 7:45am Andrea | Outside St. Francis Cabrini		**Strength & Sculpt** 8:00 - 8:45am Lisa | Outside St. Francis Cabrini	**Boot Camp** 8:00 - 8:45am Irene | Outside St. Francis Cabrini	
Sit & Be Fit 10:00 - 10:45am Lisa | Gymnasium St. Francis Cabrini	**Low Impact Aerobics** 7:00 – 7:45am Lisa R. | Outside Chandler Hall @Newtown	**ZUMBA® Gold** 10:15 - 11:00am Betsy | Outside St. Francis Cabrini		**Silver Sneakers® Classic** 9:00 - 9:45am Rovena | Gymnasium St. Francis Cabrini		
		Silver Sneakers® Classic 10:30am – 11:15pm Lisa | Morrisville Senior Center				
		Silver Sneakers® Yoga 11:15am – 12:00pm Betsy | Gymnasium St. Francis Cabrini				
				Purple = Morrisville Senior Center Green = Newtown/Chandler Hall White = Cabrini		

Y Beyond Walls at St. Francis Cabrini , Morrisville Senior Center & Chandler Hall, Newtown
Group Exercise Schedule
Evening Classes
June 14, 2021

"We're here for you."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	SUNDAY
HIIT 6:00 - 6:45pm Jamie | Outside St. Francis Cabrini	**Interval Strength Training** 6:00 – 6:45pm Irene | Gym St. Francis Cabrini	**HIIT** 6:00 - 6:45pm Kym | Gym St. Francis Cabrini	**Interval Strength Training** 6:00 - 6:45pm Jamie B. | Gym St. Francis Cabrini			

There will be NO indoor classes the week of June 21 - June 27 at our Cabrini Location. Please visit us at the Morrisville Senior Center and our Newtown location.

In the event of inclement weather, all classes that take place outside will be canceled. Please join us on our Y Wellness 24/7 virtual platform. To learn more about Y Wellness 24/7, please visit ymcabucks.org/wellness.

Saint Frances Cabrini (Cabrini) | 325 S Oxford Valley Road, Fairless Hills, PA 19030
Morrisville Senior Center | 31 E Cleveland Ave, Morrisville, PA 19067
Chandler Hall, 190 S Sycamore St, Newtown, PA 18940

6/7/2021