

YMCA OF BUCKS COUNTY Quakertown						
AUXILIARY GYM SCHEDULE				"We're here for you."		
November 1 to November 30						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BodyPump™ 6:30-7:15 AM Megan	Tabata Express 7:30-8:00 AM Karen	HIIT 5:30-6:15 AM Steph	BodyCombat™ 8:15-9:00 AM Karen	BodyPump™ 6:30-7:15 AM Megan	BodyPump™ 9:45-10:30 AM Shannon	HIIT 7:45-8:15 AM Steph
Recreation Pickleball 7:30-9:15 AM	Instructor's Choice 8:05-8:50 AM Karen	BodyPump™ 8:00-8:45 AM Karen	Zumba® 9:15-10:00 AM Karen	HIIT 8:00-8:45 AM Megan	COMING NOVEMBER! Zumba® 10:45-11:30 AM Melanie Aux. Gym	Yoga 8:30-9:30 AM Steph
HIIT 9:30-10:15 AM Megan Virtual Live	Recreation Pickleball 9:00 AM-2:00 PM	Recreation Pickleball 9:00 AM-2:00 PM	Recreation Pickleball 10:15 AM-2:00 PM	Strength & Sculpt 9:30-10:15 AM	Recreation Pickleball 11:45 AM-1:00 PM	Softball Rental 9:00 AM-2:30 PM
BodyCombat™ 5:30-6:15 PM Shannon	SACC 4:00-5:00 PM	BodyPump™ 5:30-6:15 PM Megan	SACC 4:00-5:00 PM	Recreation Pickleball 10:30 AM-2:00 PM		
BodyPump™ 6:30-7:15 PM Shannon	HIIT 5:30-6:00 PM Laura	BodyPump™ 6:30-7:15 PM Shannon	HIIT 5:30-6:00 PM Laura	Recreation Pickleball 5:00-9:00 PM		
S.A.Q. Class 7:15-8:00 PM	Softball Rental 6:15-9:00 PM	Recreation Pickleball 7:30-9:00 PM	Les Mills CORE™ 6:15-6:45 PM Laura			
						10/28/2021