

YMCA of BUCKS COUNTY | Quakertown
Group Exercise Schedule
November 2021

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BodyPump™ 6:30-7:15 AM Megan Aux. Gym	AMPD Fusion 5:30-6:00 AM Steph Studio Y	HIIT 5:30-6:15 AM Steph Aux. Gym	PIIT28® 5:30-6:15 AM Steph Studio Y Virtual Live	HIIT 8:00-8:45 AM Megan Aux. Gym	Yoga 8:00-9:00 AM Brian Studio Y	HIIT 7:45-8:15 AM Steph Aux. Gym
Y Wellness My Way Cardio 9:30-10:00 AM Jen Studio Y Virtual Live	Power Yoga Express 6:00-6:30 AM Steph Studio Y	BodyPump™ 8:00-8:45 AM Karen Aux. Gym	BodyCombat™ 8:15-9:00 AM Karen Aux. Gym	Strength & Sculpt 9:30-10:15 AM Megan Aux. Gym Virtual Live	BodyPump™ 9:45-10:30 AM Shannon Aux. Gym	Yoga 8:30-9:30 AM Steph Aux. Gym
HIIT 9:30-10:15 AM Megan Aux. Gym Virtual Live	Instructors Choice 8:00-8:45 AM Karen Aux. Gym	Booty Boot Camp 9:30-10:15 AM Megan Studio Y Virtual Live	Zumba® 9:15-10:00 AM Karen Aux. Gym	Ab Blast! 10:30-11:00 AM Jen Studio Y Virtual Live	Zumba® 10:45-11:30 AM Melanie Aux. Gym	
Ab Blast! 10:30-11:00 AM Jen Studio Y Virtual Live	Yoga 9:30-10:30 AM Brian Studio Y	Spin 10:30-11:15 AM Kristen Studio Y		SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live		
SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live		Stretch & Balance 11:00-11:45 AM Megan Gym Virtual Live				

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BodyCombat™ 5:30-6:15 PM Shannon Aux. Gym	HIIT 5:30-6:00 PM Laura Aux. Gym	BodyPump™ 5:30-6:15 PM Megan Aux. Gym	HIIT 5:30-6:00 PM Laura Aux. Gym			
BodyPump™ 6:30-7:15 PM Shannon Aux. Gym	Les Mills CORE™ 6:15-6:45 PM Laura Studio Y	Zumba® 5:30-6:15 PM Chris Studio Y	Les Mills CORE™ 6:15-6:45 PM Laura Studio Y			
	Yoga 7:00-8:00 PM Rick Studio Y	BodyCombat™ 6:30-7:15 PM Shannon Aux. Gym			Quakertown Group Exercise Schedule Group exercise classes are included in your membership.	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted
------------------	-------------------	-------	-----------	----------	----------------

Highlighted items indicate a change in class format or time.

Please check 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 on-demand video content!