

<b>Quakertown Live Group Exercise Schedule</b> <b>Daytime Classes</b> <b>June 14 – August 31, 2021</b>							<b>"We're here for you."</b>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>BodyPump™</b> 6:30 - 7:15am Megan   Outside/Studio Y**	<b>Tabata Express</b> 7:30 - 8:00am Karen   Outside	<b>HIIT</b> 6:30 - 7:15am Steph   Outside/Studio Y**	<b>BodyCombat™</b> 8:30 - 9:15am Karen   Outside	<b>BodyPump™</b> 6:30 - 7:15am Megan   Outside/Studio Y**	<b>BodyPump™</b> 8:30 - 9:15am Laura   Gymnasium	<b>HIIT</b> 7:30 - 8:15am Steph   Gymnasium	
<b>HIIT</b> 9:30 - 10:15am Megan   Outside <b>V&amp;RTUALIVE</b>	<b>Instructors Choice</b> 8:15 - 9:00am Karen   Outside	<b>BodyPump™</b> 8:00 - 8:45am Megan   Outside/Studio Y**		<b>HIIT</b> 8:00 - 8:45am Megan   Outside/Studio Y**	<b>Les Mills CORE</b> 9:30 - 10:00am Laura   Gymnasium	<b>Yoga</b> 8:30 - 9:15am Steph   Gymnasium	
<b>Low Impact Movement &amp; Strength</b> 11:00 - 11:45am Megan   Gym & <b>V&amp;RTUALIVE</b>		<b>Stretch &amp; Balance</b> 11:00 - 11:45am Megan   Gym & <b>V&amp;RTUALIVE</b>		<b>Low Impact Movement &amp; Strength</b> 11:00 - 11:45am Megan   Gym & <b>V&amp;RTUALIVE</b>			

<b>Quakertown Live Group Exercise Schedule</b> <b>Evening Classes</b> <b>June 14 – August 31, 2021</b>							<b>"We're here for you."</b>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	SUN.	
<b>BodyCombat™</b> 5:30 - 6:15pm Shannon   Outside/Studio Y**	<b>HIIT</b> 6:00 - 6:30pm Laura   Studio Y	<b>BodyPump™</b> 5:30 - 6:15pm Megan   Gymnasium	<b>HIIT</b> 5:30 - 6:00pm Laura   Studio Y				
<b>BodyPump™</b> 6:30 - 7:15pm Shannon   Outside			<b>Les Mills CORE</b> 6:15 - 6:45pm Laura   Studio Y				

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