

Quakertown Virtual & Live Group Exercise Schedule
Daytime Classes
January 4, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT 6:00 - 6:45am Steph VIRTUAL	(begins 2/9) Interval Training 6:30 - 7:15am Heather VIRTUAL	Yoga 6:00 - 7:00am Laura S. VIRTUAL	Interval Training 6:30 - 7:15am Renzo VIRTUAL	HIIT 6:30 - 7:00am Carolyn VIRTUAL	Circuit Workout 8:00 - 8:45am Andrea VIRTUAL	HIIT 7:30 - 8:15am Steph Warehouse Studio
BodyPump™ 6:30 - 7:15am Megan Warehouse Studio	Tabata Express 7:30 - 8:00am Karen Warehouse Studio	HIIT 6:30 - 7:15am Steph Warehouse Studio	Stretch & Balance 8:00 - 8:45am Melinda VIRTUAL	BodyPump™ 6:30 - 7:15am Megan Warehouse Studio	Barre Fusion 8:30 - 9:15am Tricia VIRTUAL	Yoga 8:30 - 9:15am Steph Warehouse Studio
BodyCombat™ 8:15 - 9:00am Kristen Warehouse Studio	Instructors Choice 8:15 - 9:00am Karen Warehouse Studio	BodyPump™ 8:00 - 8:45am Megan Warehouse Studio	Pop Pilates® 7:30 - 8:15am Karen Warehouse Studio	Pop Pilates® 8:00 - 8:45am Melinda VIRTUAL	BodyPump™ 8:30 - 9:15am Laura Warehouse Studio	BodyPump™ 9:30 - 10:15am Laura Warehouse Studio
Pilates 8:30 - 9:15am Vicki C. VIRTUAL	BodyPump™ 9:15 - 10:00am Kristen L. VIRTUAL	Pilates 8:00 - 8:45am Vicki Cross VIRTUAL	BodyCombat™ 8:30 - 9:15am Karen Warehouse Studio	HIIT 8:00 - 8:45am Megan Warehouse Studio	ZUMBA® 9:00 - 9:45am Natalie C VIRTUAL	BodyCombat™ 9:30 - 10:15am Nicole S. VIRTUAL
Chair Yoga 9:30 - 10:15am Cathy S. VIRTUAL	Kettlebell 9:30 - 10:15am Kristen Warehouse Studio	Gentle Yoga 9:00 - 9:45am Cathy S. VIRTUAL	BodyPump 9:15 - 10:00am Carrene VIRTUAL	Strength & Sculpt 9:30 - 10:15am Megan VIRTUAL	CXWORX™ 9:30 - 10:00am Laura Warehouse Studio	CXWORX™ 10:30 - 11:00am Nicole S. VIRTUAL
HIIT 9:30 - 10:15am Megan VIRTUAL	CXWORX™ 10:15 - 10:45am Nicole S. VIRTUAL	Leg Day 9:30 - 10:15am Megan VIRTUAL	TBC 9:30 - 10:15am Tara Warehouse Studio	Gentle Yoga 9:30 - 10:30am Elda VIRTUAL	Pilates 9:30 - 10:15am Tricia VIRTUAL	Vinyasa Yoga 11:00am - 12:00pm Elda VIRTUAL
Strength & Sculpt 9:30 - 10:15am Tricia VIRTUAL	Tank Top Arms 10:30 - 11:15am Megan VIRTUAL	Interval Training 9:30 - 10:15am Carrene VIRTUAL	CXWORX™ 10:15 - 10:45am Nicole S. VIRTUAL	Ab Blast! 10:30 - 11:00am Jen VIRTUAL	Hatha Yoga 10:00 - 11:00am Sandy VIRTUAL	
Ab Blast! 10:30 - 11:00am Jen VIRTUAL	Low Impact Aerobics 11:30am - 12:15pm Betsy VIRTUAL	Pilates 10:30 - 11:15am Andrea VIRTUAL	Chest & Back 10:30 - 11:15am Megan VIRTUAL	Low Impact Movement & Strength 11:00 - 11:45am Megan Gym & VIRTUAL LIVE		
Low Impact Movement & Strength 11:00 - 11:45am Megan Gym & VIRTUAL LIVE	HIIT 12:00 - 12:30pm Steph VIRTUAL	Hatha Yoga 11:00am - 12:00pm Elda VIRTUAL	Barre Fusion 11:00 - 11:45am Tricia VIRTUAL			
	Chair Yoga 12:00 - 1:00pm Ogden VIRTUAL	Stretch & Balance 11:00 - 11:45am Megan Gym & VIRTUAL LIVE	Low Impact Aerobics 11:30am - 12:15pm Cathy M. VIRTUAL			
		Zumba® Gold 12:00 - 12:45pm Melinda VIRTUAL	Chair Yoga 12:00 - 1:00pm Ogden VIRTUAL			

			HIIT 12:00 - 12:30pm Andrea V&RTUAL			
			Gentle Yoga 2:00 – 3:00pm Sandy V&RTUAL			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	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	BodyPump™ 5:30 - 6:15pm Megan Warehouse Studio	Kickboxing 5:30 - 6:15pm Katie B. V&RTUAL	Family Yoga 6:45 – 7:15pm Sandy V&RTUAL		
BodyCombat™ 5:30 - 6:15pm Karen Warehouse Studio	Kettlebell 6:00 - 6:45pm Tara Warehouse Studio	BollyX® 6:15 – 7:00pm Gina V&RTUAL	CXWORX™ 6:00 - 6:30pm Laura Warehouse Studio			
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			
BodyPump™ 6:30 - 7:15am Karen Warehouse Studio	Hatha Yoga 7:00 – 8:00pm Sandy V&RTUAL	Barre 7:15 – 8:00pm Nicole T. V&RTUAL				
CXWORX™ 6:30 - 7:00pm Carolyn V&RTUAL			1/5/2021			
Barre 7:15 – 8:00pm Nicole T. V&RTUAL						

If outdoor classes are canceled due to inclement weather or low attendance, please visit our Virtual Wellness Platform where you will have access to our on demand library and live streamed classes!

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.