

**YMCA BUCKS Y Wellness 24/7 Group Exercise Schedule**

**Daytime Classes**

**June 14 – August 31, 2021**

**"We're here for you."**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>HIIT</b> 6:00 - 6:45am Steph <b>V&amp;RTUAL</b>	<b>Total Body Barbell</b> 9:15 - 10:00am Kristen L. <b>V&amp;RTUAL</b>	<b>Interval Training</b> 9:00 - 9:45am Carrene <b>V&amp;RTUAL</b>	<b>Y Wellness My Way: Yoga</b> 6:00 - 6:30am Steph <b>V&amp;RTUAL</b>	<b>Strength &amp; Sculpt</b> 9:30 - 10:15am Megan <b>V&amp;RTUAL</b>	<b>Circuit Workout</b> 8:00 - 8:45am Andrea <b>V&amp;RTUAL</b>	<b>Cardio KickFit</b> 9:30 - 10:15am Nicole S. <b>V&amp;RTUAL</b>
<b>Pilates</b> 8:30 - 9:15am Vicki C. <b>V&amp;RTUAL</b>	<b>Y Wellness My Way: Seated Strength</b> Megan 9:30 - 10:00am <b>V&amp;RTUAL</b>	<b>Y Wellness My Way: Cardio</b> 9:30 - 10:00am Andrea <b>V&amp;RTUAL</b>	<b>Y Wellness My Way: Seated Strength</b> Megan 9:30 - 10:00am <b>V&amp;RTUAL</b>	<b>Gentle Yoga</b> 9:30 - 10:30am Elda <b>V&amp;RTUAL</b>	<b>Y Wellness My Way: Barre</b> 8:30 - 9:00am Tricia <b>V&amp;RTUAL</b>	<b>Core &amp; More</b> 10:30 - 11:00am Nicole S. <b>V&amp;RTUAL</b>
<b>Y Wellness My Way: Cardio</b> 9:30 - 10:00am Jen <b>V&amp;RTUAL</b>	<b>Core &amp; More</b> 10:15 - 10:45am Kristen L. <b>V&amp;RTUAL</b>	<b>Leg Day</b> 9:30 - 10:15am Megan <b>V&amp;RTUAL</b>	<b>Core &amp; More</b> 10:15 - 10:45am Nicole S. <b>V&amp;RTUAL</b>	<b>Y Wellness My Way: Cardio</b> 9:30 - 10:00am Trish H. <b>V&amp;RTUAL</b>	<b>Zumba®</b> 9:00 - 9:45am Natalie <b>V&amp;RTUAL</b>	<b>Vinyasa Yoga</b> 11:00am - 12:00pm Elda <b>V&amp;RTUAL</b>
<b>HIIT</b> 9:30 - 10:15am Megan <b>V&amp;RTUAL</b>	<b>Tank Top Arms</b> 10:30 - 11:15am Megan <b>V&amp;RTUAL</b>	<b>Pilates</b> 10:30 - 11:15am Andrea <b>V&amp;RTUAL</b>	<b>Chest &amp; Back</b> 10:30 - 11:15am Megan <b>V&amp;RTUAL</b>	<b>Ab Blast!</b> 10:30 - 11:00am Jen <b>V&amp;RTUAL</b>	<b>Hatha Yoga</b> 10:00 - 11:00am Sandy <b>V&amp;RTUAL</b>	
<b>Strength &amp; Sculpt</b> 9:30 - 10:15am Tricia <b>V&amp;RTUAL</b>	<b>Low Impact Aerobics</b> 11:30 - 12:15pm Betsy <b>V&amp;RTUAL</b>	<b>Y Wellness My Way: Pilates</b> 10:30 - 11:00am Trish H. <b>V&amp;RTUAL</b>	<b>Barre Fusion</b> 11:00 - 11:45am Tricia <b>V&amp;RTUAL</b>	<b>Low Impact Movement &amp; Strength</b> 11:00 - 11:45am Megan <b>V&amp;RTUAL</b>		
<b>Ab Blast!</b> 10:30 - 11:00am Jen <b>V&amp;RTUAL</b>	<b>HIIT</b> 12:00 - 12:30pm Steph <b>V&amp;RTUAL</b>	<b>Stretch &amp; Balance</b> 11:00 - 11:45am Megan <b>V&amp;RTUAL</b>	<b>HIIT</b> 12:00 - 12:30pm Andrea <b>V&amp;RTUAL</b>			
<b>Y Wellness My Way: Pilates</b> 10:30 - 11:00am Tricia <b>V&amp;RTUAL</b>		<b>Hatha Yoga</b> 11:00am - 12:00pm Elda <b>V&amp;RTUAL</b>	<b>Gentle Yoga</b> 2:00 - 3:00pm Sandy <b>V&amp;RTUAL</b>			
<b>Low Impact Movement &amp; Strength</b> 11:00 - 11:45am Megan <b>V&amp;RTUAL</b>						

**Doylestown Virtual & Live Group Exercise Schedule**  
**Evening Classes**  
**June 14 – August 31, 2021**

**"We're here for you."**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SAT.</b>	<b>SUNDAY</b>
<b>Yoga Qi Gong</b> 6:00 – 6:45pm Sandy   <b>V&amp;RTUAL</b>	<b>PIIT28®</b> 5:30 - 6:15pm Steph <b>V&amp;RTUAL</b>	<b>BollyX®</b> 6:15 – 7:00pm Gina <b>V&amp;RTUAL</b>	<b>Zumba®</b> 5:00 - 5:45pm Elena <b>V&amp;RTUAL</b>	<b>ZUMBA® Kids</b> 6:00 – 6:30pm Elena <b>V&amp;RTUAL</b>		
	<b>Kickboxing</b> 6:30 – 7:15pm Jamie <b>V&amp;RTUAL</b>		<b>Y Wellness My Way: Strength</b> 7:30 – 8:00pm Jamie <b>V&amp;RTUAL</b>	<b>Family Yoga</b> 6:45 – 7:15pm Sandy <b>V&amp;RTUAL</b>		
	<b>Y Wellness My Way: Kickboxing</b> 7:30 – 8:00pm Jamie <b>V&amp;RTUAL</b>			<b>Y Wellness My Way</b> Wellness My Way is dedicated to health seekers who are either 1) just starting out in their fitness journey or 2) have stopped exercising and are experiencing weight gain and/or limitations that prevent them from feeling confident in our standard group exercise classes. We will provide participants with a feeling of normalcy, confidence and accessibility. The ultimate goal is to support health seekers to overcome fears, build confidence and gain strength along the way with the option of LIVE and OnDemand classes taught on the Y Wellness 24/7 platform.		
	<b>Hatha Yoga</b> 7:00 – 8:00pm Sandy <b>V&amp;RTUAL</b>					
			6/3/2021			