



AQUATICS GROUP EXERCISE SCHEDULE SUMMER 2019 | JUNE 17-AUGUST 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
INSTRUCTOR'S CHOICE 6:00-6:45 AM Kathy Lap Pool	AQUA ZUMBA 9:00-9:45 AM Carrie Lap Pool	INSTRUCTOR'S CHOICE 9:00-10:00 AM Carrie Lap Pool	AQUA ZUMBA 9:00-9:45 AM Carrie Lap Pool	INSTRUCTOR'S CHOICE 9:00-10:00 AM Carrie Lap Pool
INSTRUCTOR'S CHOICE 9:00-10:00 AM Carrie Lap Pool	WATER WALKING 9:45-10:30 AM Deb Lap Pool	INTO DEEP 9:00-9:45 AM Dot Lap Pool	WATER WALKING 9:45-10:30 AM Deb Lap Pool	INTO DEEP 9:00-9:45 AM Dot Lap Pool
INTO DEEP 9:00-9:45 AM Dot Lap Pool	INSTRUCTOR'S CHOICE 7:00-8:00 PM Gail Lap Pool	DEEP WATER CHALLENGE 9:45-10:30 AM Joe Lap Pool	ADULT SWIM CONDITIONING 10:30-11:30 AM April Lap Pool	DEEP WATER CHALLENGE 9:45-10:30 AM Joe Lap Pool
DEEP WATER CHALLENGE 9:45-10:30 AM Joe Lap Pool		FIT N FUN 9:45-10:30 AM Dot Lap Pool	SILVER SNEAKERS SPLASH 11:30-12:15 PM Megan Lap Pool	FIT N FUN 9:45-10:30 AM Dot Lap Pool
FIT N FUN 9:45-10:30 AM Dot Lap Pool		WATER WALKING 5:30-6:15 PM Diane Lap Pool	INSTRUCTOR'S CHOICE 7:00-8:00 PM Gail Lap Pool	
ADULT SWIM CONDITIONING 10:30-11:30 AM April Lap Pool		ADULT SWIM CONDITIONING 8:30-9:30 PM Chris Lap Pool		
AQUATICISE 7:00-8:00 PM Diane Lap Pool				
				6/10/19

YMCA OF BUCKS COUNTY | QUAKERTOWN
401 Fairview Avenue, Quakertown, Pa 18951
215-536-9622 ymcabucks.org

NO REGISTRATION NEEDED FOR MEMBERS.
Just drop in!

Unlimited free classes included with membership.
Daily guest fee includes access to Group Exercise Classes listed on schedule.

Contact Becky Musselman 215-536-9622 Ext. 126 or
bmusselman@ymcabucks.org