



YMCA OF BUCKS COUNTY | Quakertown Studio Y Schedule

Thursday, June 6

10:00 AM 11:05 AM Parkinson's Cycling
5:00 PM 5:30 PM HITT Cycling

Friday, June 07, 2019

9:30 AM 10:30 AM Group Cycling
10:45 AM 11:45 AM Parkinsons Cycle

Monday, June 10, 2019

9:30 AM 10:30 AM Group Cycling
10:45 AM 11:45 AM Parkinsons Cycle
1:30 PM 2:30 PM BODYFLOW
6:15 PM 7:15 PM Group Cycling

Tuesday, June 11, 2019

6:00 AM 6:45 AM Group Cycling
8:45 AM 9:15 AM Core and More
10:00 AM 11:05 AM Parkinson's Cycling
5:30 PM 6:30 PM Abilities Group Exercise

Wednesday, June 12, 2019

5:30 AM 6:15 AM Group Cycling
9:30 AM 10:30 AM Group Cycling

Thursday, June 13, 2019

10:00 AM 11:05 AM Parkinson's Cycling
5:00 PM 5:30 PM HITT Cycling

Friday, June 14, 2019

9:30 AM 10:30 AM Group Cycling
10:45 AM 11:45 AM Parkinsons Cycle
1:00 PM 2:00 PM Body Combat

Non-scheduled times are available for member use.
Schedule is subject to change.