

YMCA of BUCKS COUNTY | Doylestown
Group Exercise Schedule
January 2022

"We're here for you."

| DAYTIME CLASSES | | | | | | |
|---|--|---|---|---|--|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Spin 6:00-6:45 AM Laurie Studio 4 | BodyPump™ 7:00-7:45 AM Megan Studio 3 | Aqua Aerobics 8:00-8:45 AM Maureen WP | Spin 6:00-6:45 AM Kathy K. Studio 4 | Yoga 6:00-7:00 AM Laura S. Studio 1 | Interval Boot Camp 7:30-8:15 AM Michele Studio 3 | BodyPump™ 8:45-9:30 AM Kristin L. Studio 3 |
| Gentle Aqua Aerobics 8:00-8:45 AM Kim H. WP | Aqua Yoga 8:00-8:45 AM Sandy WP | Pilates 8:00-8:45 AM Vicki C. Studio 2 | Gentle Aqua Aerobics 6:00-7:00 AM Kim H. WP | Gentle Aqua Aerobics 8:00-9:00 AM Kim H. WP | Spin 8:00-8:45 AM Kathy K. Studio 4 | Slow Flow Yoga 9:00-10:00 AM Cathy S. Studio 1 |
| Hatha Yoga 8:30-9:30 AM Sandy Studio 1 | Strength & Sculpt 8:00-8:45 AM Candi Studio 2 | Hatha Yoga 8:30-9:30 AM Sandy Studio 1 | BodyPump™ 7:00-7:45 AM Megan Studio 3 | BodyPump™ 8:30-9:15 AM Kristin L. Studio 3 | BodyPump™ 8:30-9:15 AM Dana R. Studio 3 | Spin 9:30-10:15 AM Robin Studio 4 |
| Aqua Aerobics 9:00-10:00 AM Kim H. LP | Aqua Tabata 9:00-9:45 AM Michele LP | Aqua Balance, Stretch & Strengthen 9:00-10:00 AM Maureen LP | Aqua Yoga 8:00-8:45 AM Sandy WP | Hatha Yoga 8:30-9:30 AM Sandy Studio 1 | Hatha Yoga 8:30-9:30 AM Sandy Studio 1 | BodyCombat™ 9:45-10:30 AM Nicole S. Studio 3 Virtual Live |
| Strong Nation® 8:45-9:30 AM Lilit Studio 2 | Tai Chi 9:00-9:45 AM Kyle Studio 1 | BodyCombat™ 9:30-10:15 AM Aryana Studio 3 | Aqua Dance 9:00-9:45 AM Maria LP | Aqua Tabata 9:00-9:45 AM Michele LP | BodyCombat™ 9:30-10:15 AM Gina Studio 3 | Les Mills CORE™ 10:45-11:15 AM Nicole S. Studio 3 Virtual Live |
| Interval Training 9:30-10:15 AM Nicole Studio 3 | BodyPump™ 9:15-10:00 AM Carrene Studio 3 | Zumba® 10:00-10:45 AM Lilit Studio 2 | Tai Chi 9:00-9:45 AM Kyle Studio 1 | Interval Training 9:30-10:15 AM Carrene Studio 3 | Pilates 9:30-10:15 AM Grace Studio 2 | Zumba® 11:30-12:15 PM Elena/Lilit Studio 2 Rotation |
| Aqua Aerobics 10:00-11:00 AM Kim H. LP | Vinyasa Yoga 10:00-11:00 AM Yuki Studio 1 | Spin 10:15-11:00 AM Sue Studio 4 | BodyPump™ 9:15-10:00 AM Carrene Studio 3 | Pilates 10:30-11:15 AM Sue Studio 1 | Zumba® 10:30-11:15 AM Lilit/Elena Studio 2 Rotation | |
| BodyPump™ 10:30-11:15 AM Dana Studio 3 | Low Impact Aerobics 11:15-12:00 PM Cathy M. Studio 1 | Gentle Yoga 11:00-12:00 PM Saralyn Studio 1 | Express Spin 10:15-10:45 AM Carrene Studio 4 | SilverSneakers® Total Body Strength 11:30-12:15 PM Jo-Ann Studio 2 | | |
| Arthritis Aquatics 11:15-12:15 PM Kim H. WP | Arthritis Aquatics 11:15-12:15 PM Maureen WP | Arthritis Aquatics 11:15-12:15 PM Maureen WP | Deep Water Cardio 10:00-11:00 AM Maureen LP | Express Spin 12:00-12:30 PM Vicki C. Studio 4 | | |
| SilverSneakers® Total Body Strength 11:30-12:15 PM Jo-Ann Studio 2 | Express Spin 12:00-12:30 PM Megan Studio 4 | SilverSneakers® Total Body Strength 11:30-12:15 PM Jo-Ann Studio 2 | Vinyasa Yoga 10:00-11:00 AM Yuki Studio 1 | Chair Yoga 12:30-1:15 PM Saralyn Studio 1 | | |
| Express Spin 12:00-12:30 PM Vicki C. Studio 4 | Stretch & Balance 12:15-1:00 PM Cathy M. Studio 1 | | Les Mills CORE™ 10:15-10:45 AM Nicole S. Studio 3 Virtual Live | | | |
| Chair Yoga 12:30-1:15 PM Saralyn Studio 1 | Arthritis Aquatics 12:15-1:15 PM Maureen WP | | Low Impact Aerobics 11:15-12:00 PM Cathy M. Studio 1 | | | |
| | | | Arthritis Aquatics 11:15-12:15 PM Maureen WP | | Doylestown Group Exercise Schedule Group exercise classes are included in your membership. Registration required for Aquatic Group Exercise classes through MindBody as space is limited. | |
| | | | Stretch & Balance 12:15-1:00 PM Cathy M. Studio 1 | | | |
| Cardio/Endurance | Strength/Bodywork | Dance | Mind/Body | Aquatics | Senior/Adapted | |

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| EVENING CLASSES | | | | | | |
|---|--|--|---|---|---|--------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Pilates 5:15-6:00 PM Vonna Studio 1 | Spin 6:00-6:45 PM Kristin B. Studio 4 | Strength & Sculpt 6:00-6:45 PM Candi Studio 1 | Hatha Yoga 5:30-6:30 PM Sandy Studio 1 | BollyX® 6:00-6:45 PM Gina Studio 2 | | |
| Zumba® 6:00-6:45 PM Gina Studio 2 | Barre 6:15-7:00 PM Megan L. Studio 2 | Zumba® 6:00-6:45 PM Elena Studio 2 | Spin 6:00-6:45 PM Kathy K. Studio 4 | | | |
| Vinyasa Yoga 7:00-8:00PM Maggie Studio 1 | Interval Boot Camp 6:30-7:15 PM Michele F. Studio 3 | Vinyasa Yoga 7:00-8:00 PM Eric Studio 1 | BodyCombat™ 6:15-7:00 PM Aryana Studio 3 | | <u>Doylestown Group Exercise Schedule</u> Group exercise classes are included in your membership. Registration required for Aquatic Group Exercise classes through MindBody as space is limited. | |
| | Zumba® 7:15-8:00 PM Amber Studio 2 | | | | | |
| Cardio/Endurance | Strength/Bodywork | Dance | Mind/Body | Aquatics | Senior/Adapted | |
| Highlighted items indicate a change in class format or time. | | | | | | |
| Please check ymcabucks.org for updates and visit us on the Y Wellness 24/7 virtual platform for our live Virtual Group Exercise classes and hundreds of on-demand video content! | | | | | | |