

**Y Beyond Walls | Group Exercise Class Schedule**

St. Frances Cabrini, Fr. Laut Building | 325 South Oxford Valley Road, Fairless Hills, PA 19030  
 Morrisville Senior Center | 31 E Cleveland Ave, Morrisville, PA 19067  
 Falls Township Senior Center | 282 Trenton Rd, Fairless Hills, PA 19030

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Silver Sneakers® Circuit</b> 9:00-9:45 AM Roe   Falls Township Senior Center	<b>Low Impact Aerobics</b> 9:00-9:45 AM Lisa   Gymnasium	<b>Zumba Gold®</b> 10:15-11:00 AM Betsy   Gymnasium	<b>Low Impact Aerobics</b> 9:00-9:45 AM Loretta   Gymnasium	<b>Strength &amp; Sculpt</b> 9:00-9:45 AM Lisa   Gymnasium	<b>20/20/20</b> 9:45-10:45 AM Betsy   Class Room A	<b>Zumba®</b> 9:00-9:45 AM Johana   Class Room A
<b>Strength &amp; Sculpt</b> 9:00-9:45 AM Lisa   Gymnasium		<b>Silver Sneakers® Yoga</b> 11:15-12:00 PM Betsy   Gymnasium		<b>Silver Sneakers® Classic</b> 10:00-10:45 AM Lisa   Gymnasium		
<b>Silver Sneakers® Classic</b> 10:00-10:45 AM Roe   Falls Township Senior Center						
<b>Sit &amp; Be Fit</b> 10:00-10:45 AM Lisa   Gymnasium						
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Hatha Yoga</b> 5:00-6:00 PM Elda   Class Room A	<b>Interval Strength Training</b> 6:30-7:15 PM Kymberlee   Class Room A	<b>Zumba®</b> 6:30-7:15 PM Lauren   Class Room A	<b>Interval Strength Training</b> 6:00-6:45 PM Jamie   Class Room A			
<b>HIIT</b> 6:00-6:45 PM Jamie   Gymnasium					<u>Lower Bucks Group Exercise Schedule</u> Group exercise classes are included in your membership.	
Highlighted items indicate a change in class format or time.						
<a href="https://www.ymcabucks.org">Please check ymcabucks.org for updates and visit us on the Y Wellness 24/7 virtual platform</a>						
for our live Virtual Group Exercise classes and hundreds of on-demand video content!						