

YMCA of BUCKS COUNTY | Quakertown
Group Exercise Schedule
June 2022

"We're here for you."

| DAYTIME CLASSES | | | | | | |
|---|---|--|---|--|--|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Aqua Zumba 9:00-9:55 AM Christopher LP | AMPD Fusion 5:30-6:00 AM Steph Aux. Gym | HIIT 5:30-6:15 AM Steph Aux. Gym | PIIT28® 5:30-6:15 AM Steph Aux. Gym Virtual Live | HIIT 8:00-8:45 AM Megan Aux. Gym | Zumba® 8:45-9:30 AM Melanie Aux. Gym | HIIT 7:30-8:15 AM Steph Aux. Gym |
| Deep Water Challenge 9:00-9:55 AM Michelle LP | Power Yoga Express 6:00-6:30 AM Steph Aux. Gym. | BodyPump™ 8:00-8:45 AM Karen Aux. Gym | BodyCombat™ 8:15-9:00 AM Karen Aux. Gym | Instructors Choice 9:00-9:55 AM Jackie LP | BodyPump™ 9:45-10:30 AM Shannon Aux. Gym | Yoga 8:30-9:30 AM Steph Aux. Gym |
| Y Wellness My Way Cardio 9:30-10:00 AM Jen Studio Y Virtual Live | Instructors Choice 8:15-9:00 AM Karen Aux. Gym | Aqua BeatBox 9:00-9:55 AM Christopher LP | Aqua Zumba 9:00-9:55 AM Christopher LP | Deep Water Challenge 9:00-9:55 AM Michelle LP | | |
| HIIT 9:30-10:15 AM Megan Aux. Gym Virtual Live | Instructors Choice 9:00-9:55 AM Jackie LP | Deep Water Challenge 9:00-9:55 AM Michelle LP | Zumba® 9:15-10:00 AM Karen Aux. Gym | Strength & Sculpt 9:30-10:15 AM Megan Aux. Gym Virtual Live | | |
| Ab Blast! 10:30-11:00 AM Jen Studio Y Virtual Live | Y Circuit Class 9:30-10:15 AM Tara Y Circuit Room | Booty Boot Camp 9:30-10:15 AM Megan Studio Y Virtual Live | Y Circuit Class 10:00-10:30 AM Erin Y Circuit Room | Ab Blast! 10:30-11:00 AM Jen Studio Y Virtual Live | | |
| SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live | Water Walking 10:00-10:15 AM Jackie LP | Aqua Variety 10:00-10:55 AM Christopher LP | | SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live | | |
| | SilverSneakers® Classic 11:00-11:45 AM Kristen Gym | Spin 10:30-11:15 AM Kristen Studio Y | | | | |
| | | Stretch & Balance 11:00-11:45 AM Megan Gym Virtual Live | | | | |
| EVENING CLASSES | | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| BodyCombat™ 5:30-6:15 PM Shannon Aux. Gym | HIIT 5:30-6:00 PM Laura Aux. Gym | BodyPump™ 5:30-6:15 PM Megan Aux. Gym | HIIT 5:30-6:00 PM Laura Aux. Gym | | | |
| BodyPump™ 6:30-7:15 PM Shannon Aux. Gym | Les Mills CORE™ 6:15-6:45 PM Laura Studio Y | Zumba® 5:30-6:15 PM Chris Studio Y | Les Mills CORE™ 6:15-6:45 PM Laura Aux. Gym | | | |
| Instructors Choice 7:30-8:25 PM Kathy Rec Pool | Yoga 7:00-8:00 PM Rick Studio Y | Y Circuit Class 6:30-7:15 PM Tara Y Circuit Room | Aquaticise 7:30-8:25 PM Danielle Rec Pool | | Quakertown Group Exercise Schedule Group exercise classes are included in your membership. | |
| | | | Adult Swim Conditioning 7:30-8:25 PM Chris LP | | | |
| 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!

Updated 5/24/22