

**YMCA of BUCKS COUNTY | Quakertown**  
**Group Exercise Schedule**  
**July 2022**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Aqua Zumba</b> 9:00-9:55 AM Christopher   LP	<b>Strength &amp; Flow</b> 6:00-6:45 AM Steph   Aux. Gym (starting 7/12)	<b>HIIT</b> 6:00-6:45 AM Steph   Aux. Gym (starting 7/13)	<b>PIIT28®</b> 6:00-6:45 AM Steph   Aux. Gym <b>Virtual Live</b> (starting 7/14)	<b>HIIT</b> 8:00-8:45 AM Megan   Aux. Gym	<b>Zumba®</b> 8:45-9:30 AM Melanie   Aux. Gym	<b>HIIT</b> 7:30-8:15 AM Steph   Aux. Gym
<b>Deep Water Challenge</b> 9:00-9:55 AM Michelle   LP	<b>Instructors Choice</b> 8:15-9:00 AM Karen   Aux. Gym	<b>BodyPump™</b> 8:00-8:45 AM Karen   Aux. Gym	<b>BodyCombat™</b> 8:15-9:00 AM Karen   Aux. Gym	<b>Strength &amp; Sculpt</b> 9:30-10:15 AM Megan   Aux. Gym <b>Virtual Live</b>	<b>BodyPump™</b> 9:45-10:30 AM Shannon   Aux. Gym	<b>Yoga</b> 8:30-9:30 AM Steph   Aux. Gym
<b>Y Wellness My Way   Cardio</b> 9:30-10:00 AM Jen   Studio Y <b>Virtual Live</b>	<b>Instructors Choice</b> 9:00-9:55 AM Jackie   LP	<b>Aqua BeatBox</b> 9:00-9:55 AM Christopher   LP	<b>Aqua Zumba</b> 9:00-9:55 AM Christopher   LP	<b>Ab Blast!</b> 10:30-11:00 AM Jen   Studio Y <b>Virtual Live</b>		
<b>HIIT</b> 9:30-10:15 AM Megan   Aux. Gym <b>Virtual Live</b>	<b>Y Circuit Class</b> 9:30-10:15 AM Tara   Y Circuit Room	<b>Deep Water Challenge</b> 9:00-9:55 AM Michelle   LP	<b>Zumba®</b> 9:15-10:00 AM Karen   Aux. Gym	<b>SilverSneakers® Circuit</b> 11:00-11:45 AM Megan   Gym <b>Virtual Live</b>		
<b>Ab Blast!</b> 10:30-11:00 AM Jen   Studio Y <b>Virtual Live</b>	<b>Water Walking</b> 10:00-10:55 AM Jackie   LP	<b>Booty Boot Camp</b> 9:30-10:15 AM Megan   Studio Y <b>Virtual Live</b>	<b>Y Circuit Class</b> 10:15-10:45 AM Kristen   Y Circuit Room			
<b>SilverSneakers® Circuit</b> 11:00-11:45 AM Megan   Gym <b>Virtual Live</b>	<b>SilverSneakers® Classic</b> 11:00-11:45 AM Kristen   Gym	<b>Aqua Variety</b> 10:00-10:55 AM Christopher   LP				
		<b>Spin</b> 10:30-11:15 AM Kristen   Studio Y				
		<b>Stretch &amp; Balance</b> 11:00-11:45 AM Megan   Gym <b>Virtual Live</b>				
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BodyCombat™</b> 5:30-6:15 PM Shannon   Aux. Gym	<b>HIIT</b> 5:30-6:00 PM Laura   Aux. Gym	<b>BodyPump™</b> 5:30-6:15 PM Megan   Gym	<b>HIIT</b> 5:30-6:00 PM Laura   Aux. Gym			
<b>BodyPump™</b> 6:30-7:15 PM Shannon   Aux. Gym	<b>Les Mills CORE™</b> 6:15-6:45 PM Laura   Studio Y	<b>Zumba®</b> 5:30-6:15 PM Chris   Studio Y	<b>Les Mills CORE™</b> 6:15-6:45 PM Laura   Aux. Gym			
<b>Instructors Choice</b> 7:30-8:25 PM Kathy   Rec Pool	<b>Yoga</b> 7:00-8:00 PM Rick   Studio Y	<b>Y Circuit Class</b> 6:30-7:15 PM Tara   Y Circuit Room	<b>Aquaticise</b> 7:30-8:25 PM Danielle   Rec Pool	<b>Quakertown Group Exercise Schedule</b> Group exercise classes are included in your membership.		
			<b>Adult Swim Conditioning</b> 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 <a href="http://ymcabucks.org">ymcabucks.org</a> 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 6/29/22