

**YMCA of BUCKS COUNTY | Doylestown**  
**Group Exercise Schedule**  
**September 2022**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin</b> 6:00-6:45 AM Laurie   Studio 4	<b>BodyPump™</b> 7:00-7:45 AM Megan   Studio 2	<b>HIIT</b> 6:00-6:45 AM Gina   Studio 2	<b>Spin</b> 6:00-6:45 AM Kathy K.   Studio 4	<b>Yoga</b> 6:00-7:00 AM Laura S.   Studio 1	<b>Spin</b> 8:00-8:45 AM Kathy K.   Studio 4	<b>BodyPump™</b> 8:45-9:30 AM Kristen L.   Studio 2
<b>Gentle Aqua Aerobics</b> 8:00-8:45 AM Kim H.   WP	<b>Aqua Yoga</b> 8:00-8:45 AM Sandy   WP	<b>Aqua Aerobics</b> 8:00-8:45 AM Maureen   WP	<b>Aqua Tabata</b> 6:00-7:00 AM Michele   WP	<b>Gentle Aqua Aerobics</b> 8:00-9:00 AM Kim H.   WP	<b>Strength &amp; Sculpt</b> 8:30-9:15 AM Grace   Studio 2	<b>Slow Flow Yoga</b> 9:00-10:00 AM Cathy S.   Studio 1
<b>Hatha Yoga</b> 8:30-9:30 AM Sandy   Studio 1	<b>Strength &amp; Sculpt</b> 8:00-8:45 AM Candi   Studio 2	<b>Pilates</b> 8:00-8:45 AM Vicki C.   Studio 2	<b>BodyPump™</b> 7:00-7:45 AM Megan   Studio 2	<b>BodyPump™</b> 8:30-9:15 AM Kristin L.   Studio 2	<b>Hatha Yoga</b> 8:30-9:30 AM Sandy   Studio 1	<b>Spin</b> 9:30-10:15 AM Robin   Studio 4
<b>Aqua Aerobics</b> 9:00-10:00 AM Kim H.   LP	<b>Barre Express</b> 8:45-9:15 AM Tricia   Studio 3	<b>Hatha Yoga</b> 8:30-9:30 AM Sandy   Studio 1	<b>Aqua Yoga</b> 8:00-8:45 AM Sandy   WP	<b>Hatha Yoga</b> 8:30-9:30 AM Sandy   Studio 1	<b>BodyCombat™</b> 9:30-10:15 AM Instructor Rotation (Nicole, Aryana & Tara)   Studio 3	<b>BodyCombat™</b> 9:45-10:30 AM Nicole S.   Studio 3
<b>Interval Training</b> 9:30-10:15 AM Nicole   Studio 2	<b>Aqua Interval</b> 9:00-10:00 AM Sara   LP	<b>Aqua Balance, Stretch &amp; Strengthen</b> 9:00-10:00 AM Maureen   LP	<b>Aqua Dance</b> 9:00-9:45 AM Maria   LP	<b>Aqua Tabata</b> 9:00-9:45 AM Kim   LP	<b>Pilates</b> 9:30-10:15 AM Grace   Studio 2	<b>Les Mills CORE™</b> 10:45-11:15 AM Nicole S.   Studio 3
<b>Aqua Aerobics</b> 10:00-11:00 AM Kim H.   LP	<b>Tai Chi</b> 9:00-9:45 AM Kyle   Studio 1	<b>BodyCombat™</b> 9:30-10:15 AM Aryana   Studio 3	<b>Tai Chi</b> 9:00-9:45 AM Kyle   Studio 1	<b>Interval Training</b> 9:30-10:15 AM Carrene   Studio 2	<b>Zumba®</b> 10:30-11:15 AM Lilit/Elena   Studio 2 Rotation	<b>Zumba®</b> 11:30-12:15 PM Elena/Lilit   Studio 2 Rotation
<b>BodyPump™</b> 10:30-11:15 AM Kristen L.   Studio 2	<b>BodyPump™</b> 9:15-10:00 AM Carrene   Studio 2	<b>Zumba®</b> 10:15-11:00 AM Lilit   Studio 2	<b>BodyPump™</b> 9:15-10:00 AM Carrene   Studio 2	<b>Pilates</b> 10:30-11:15 AM Sue   Studio 1		
<b>Arthritis Aquatics</b> 11:15-12:15 PM Kim H.   WP	<b>Aqua Fit</b> 10:00-10:45 AM Sara   LP	<b>Spin</b> 10:15-11:00 AM Sue   Studio 4	<b>Express Spin</b> 10:15-10:45 AM Carrene   Studio 4	<b>Boxing</b> 10:30-11:15 AM Kristin M   Studio 3		
<b>SilverSneakers® Classic</b> 11:30-12:15 PM Jo-Ann   Studio 2	<b>Tabata Express</b> 10:15-10:45 AM Carrene   Studio 2	<b>Gentle Yoga</b> 11:00-12:00 PM Saralyn   Studio 1	<b>Deep Water Cardio</b> 10:00-11:00 AM Maureen   LP	<b>SilverSneakers® Classic</b> 11:30-12:15 PM Cathy   Studio 2		
<b>Express Spin</b> 12:00-12:30 PM Vicki C.   Studio 4	<b>Vinyasa Yoga</b> 10:00-11:00 AM Yuki   Studio 1	<b>Deep Water Cardio</b> 10:00-11:00 AM Maureen   LP	<b>Vinyasa Yoga</b> 10:00-11:00 AM Yuki   Studio 1	<b>Express Spin</b> 12:00-12:30 PM Vicki C.   Studio 4		
<b>Chair Yoga</b> 12:30-1:15 PM Saralyn   Studio 1	<b>Low Impact Aerobics</b> 11:15-12:00 PM Cathy M.   Studio 2	<b>Arthritis Aquatics</b> 11:15-12:15 PM Maureen   WP	<b>Low Impact Aerobics</b> 11:15-12:00 PM Cathy M.   Studio 2			
<b>SilverSneakers® Classic</b> 12:30-1:15 PM Jo-Ann   Studio 2 (Starting 9/26)	<b>Arthritis Aquatics</b> 11:15-12:15 PM Maureen   WP	<b>SilverSneakers® Classic</b> 11:30-12:15 PM Jo-Ann   Studio 2	<b>Arthritis Aquatics</b> 11:15-12:15 PM Maureen   WP			
	<b>Stretch &amp; Balance</b> 12:15-1:00 PM Cathy M.   Studio 2	<b>SilverSneakers® Classic</b> 12:30-1:15 PM Jo-Ann   Studio 2 (Starting 9/28)	<b>Stretch &amp; Balance</b> 12:15-1:00 PM Cathy M.   Studio 2		<b>Doylestown Group Exercise Schedule</b>  Group exercise classes are included in your membership.  Registration required for Aquatic Group Exercise classes through MindBody as space is limited.	
	<b>Aqua Low Impact</b> 12:15-1:00 PM Maureen   WP					
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

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EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Pilates</b> 5:15-6:00 PM Vonna   Studio 1	<b>Barre</b> 6:15-7:00 PM Megan L.   Studio 2	<b>Strong Nation®</b> 5:15-6:00 PM Lilit   Studio 3	<b>Hatha Yoga</b> 5:30-6:30 PM Sandy   Studio 1	<b>BollyX®</b> 6:00-6:45 PM Gina   Studio 2		
<b>Zumba®</b> 6:00-6:45 PM Gina   Studio 2	<b>Interval Bootcamp</b> 6:30-7:15 PM Tara   Studio 3	<b>Strength &amp; Sculpt</b> 6:00-6:45 PM Candi   Studio 1	<b>Spin</b> 6:00-6:45 PM Kathy K.   Studio 4			
<b>Kettlebell</b> 6:00-6:45 PM Tara   Studio 3	<b>Zumba®</b> 7:15-8:00 PM Amber   Studio 2	<b>Zumba®</b> 6:00-6:45 PM Elena   Studio 2	<b>BodyCombat™</b> 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.	
<b>Vinyasa Yoga</b> 7:00-8:00PM Maggie   Studio 1		<b>Vinyasa Yoga</b> 7:00-8:00 PM Eric   Studio 1	<b>Zumba®</b> 7:15-8:00 PM Caitlin   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](http://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 9/20/22