

YMCA of BUCKS COUNTY | Fairless Hills
Group Exercise Schedule
September 2022

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 8:15-9:00 AM Glady Studio 3	Spin 6:00-6:45 AM Roe Studio 3	Strength & Sculpt Express 8:30-9:00 AM Irene Studio 1	Spin 6:00-6:45 AM Roe Studio 3	Trim & Tone 6:00-6:45 AM Roe Studio 1	Aqua Zumba 8:00-8:45 AM Betsy Pool	Yoga 7:30-8:30 AM Jeanine Studio 2
Aqua Aerobics 9:00-9:45 AM Sheri Pool	Aqua Aerobics 8:00-8:45 AM Carl Pool	Aqua Aerobics 9:00-9:45 AM Betsy Pool	Aqua Aerobics 8:00-8:45 AM Carl Pool	Bootcamp 8:15-9:00 AM Glady Studio 1	Spin 8:15-9:00 AM Lisa R Studio 3	Zumba 9:00-9:45 AM Johana Studio 1
SilverSneakers® Circuit 9:00-9:45 AM Roe Falls Township Senior Center	Low Impact Aerobics 8:15-9:00 AM Loretta Studio 1	Spin 9:15-10:00 AM Irene Studio 3	Aqua Interval 9:00-9:45 AM Carl Pool	Aqua Aerobics 9:00-9:45 AM Sheri Pool	Circuit 9:15-10:00 AM Betsy Studio 1	
Strength & Sculpt 9:15-10:00 AM Lisa Studio 1	Aqua Interval 9:00-9:45 AM Carl Pool	Zumba Gold 10:00-10:45 AM Betsy Studio 1	Low Impact Aerobics 9:30-10:15 AM Loretta Studio 1	Strength & Sculpt 9:15-10:00 AM Lisa Studio 1		
SilverSneakers® Classic 10:00-10:45 AM Roe Falls Township Senior Center	Circuit 9:30-10:15 AM Lisa Studio 1	Silver Sneakers Yoga 11:00-11:45 AM Betsy Studio 1	Yoga 9:30-10:30 AM Elda Studio 2	SilverSneakers® Circuit 9:30-10:15 AM Loretta Falls Township Senior Center		
SilverSneakers® Classic 10:30-11:15 AM Sheri Studio 1	Barre 10:30-11:15 AM Glady Studio 1			SilverSneakers® Classic 10:30-11:15 AM Sheri Studio 1		
SilverSneakers® Classic 11:30-12:15 PM Sheri Studio 1	SilverSneakers® Splash 11:30-12:15 PM Glady Pool			SilverSneakers® Classic 11:30-12:15 PM Sheri Studio 1		
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spartan Training 6:00-6:45 PM Jamie Studio 1	Yoga 5:30-6:30 PM Jeanine Studio 2	Zumba 5:30-6:15 PM Leanne Studio 1	Spartan Training 6:00-6:45 PM Jamie Studio 1			
Zumba 6:00-6:45 PM Leanne Studio 2	Circuit 5:30-6:15 PM Lisa Studio 1	Strength & Sculpt 6:30-7:15 PM Kymberlee Studio 1	Kickboxing 7:00-7:45 PM Jamie Studio 1			
Kickboxing 7:00-7:45 PM Jamie Studio 1	Spin 6:30-7:15 PM Lisa Studio 3				Fairless Hills Group Exercise Schedule Group exercise classes are included in your membership.	
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 9/6/22