

YMCA of BUCKS COUNTY | Fairless Hills
Group Exercise Schedule
April 2024 Modified Schedule 4/29 - 5/5

"We're here for you."

DAYTIME CLASSES						
Monday 4/29	Tuesday 4/30	Wednesday 5/1	Thursday 5/2	Friday 5/3	Saturday 5/4	Sunday 5/5
Spin 6:00-6:45 AM Susan Studio 3	Spin 6:00-6:45 AM Roe Studio 3	Aqua Deep Water 8:00-8:45 AM Audrey Pool	Spin 6:00-6:45 AM Roe Studio 3	Trim & Tone 6:00-6:45 AM Roe Studio 2	Aqua Zumba 8:00-8:45 AM Betsy Pool	Yoga 8:00-9:00 AM Lindsay Studio 2
Aqua Deep Water 8:00-8:45 AM Audrey Pool	Aqua Aerobics 8:00-8:45 AM Carl Pool	Strength & Sculpt Express 8:15-8:45 AM Domenica Gym B	Aqua Aerobics 8:00-8:45 AM Carl Pool	Aqua Deep Water 8:00-8:45 AM Audrey Pool	Spin 8:15-9:00 AM Lisa Studio 3 (Heart Rate Training Class)	Spin 8:15-9:00 AM Brooke Studio 3
Barbell Strength 8:15-9:00 AM Glady Studio 2	Low Impact Aerobics 8:15-9:00 AM Loretta Studio 2	Aqua Aerobics 9:00-9:45 AM Audrey Pool	Strength & Sculpt 8:30-9:15 AM Irene Studio 2	Bootcamp 8:15-9:00 AM Glady Gym B (Heart Rate Training)	Yoga 9:15-10:00 AM Vicki Studio 2	Zumba® 9:30-10:15 AM Johana Studio 1
Aqua Aerobics 9:00-9:45 AM Audrey Pool	Aqua Interval 9:00-9:45 AM Carl Pool	Silver Sneakers Yoga 9:00-9:45 AM Betsy Gym A/B	Aqua Interval 9:00-9:45 AM Carl Pool	Aqua Aerobics 9:00-9:45 AM Audrey Pool	Circuit 9:15-10:00 AM Betsy Studio 1	
SilverSneakers® Circuit 9:00-9:45 AM Roe Falls Township Senior Center	Interval Training 9:30-10:15 AM Lisa Gym B	Spin 9:15-10:00 AM Domenica Studio 3	Low Impact Aerobics 9:30-10:15 AM Loretta Gym B	Spin 9:15-10:00 AM Glady Studio 3	Zumba® 10:15-11:00 AM Instructor Rotation Studio 1	
Strength & Sculpt 9:15-10:00 AM Lisa Gym B	Zumba® 9:30-10:15 AM Lauren Studio 2	Zumba Gold® 10:00-10:45 AM Betsy Gym A/B	Yoga 9:30-10:30 AM Elda Studio 2	Strength & Sculpt 9:15-10:00 AM Lisa Gym B		
Spin 9:15-10:00 AM Glady Studio 3	Barre 10:30-11:15 AM Glady Gym B	Pilates 10:15-11:00 AM Domenica Studio 2	Tai Chi/Qi Gong 10:30-11:30 AM Arlette Studio 2	SilverSneakers® Circuit 9:30-10:15 AM Loretta Falls Township Senior		
Yoga 9:15-10:00 AM Lindsay Studio 2	SilverSneakers® Splash 11:30-12:15 PM Glady Pool	Silver Sneakers Yoga 11:00-11:45 AM Betsy Gym A/B		Pilates 10:30-11:15 AM Domenica Studio 2		
SilverSneakers® Classic 10:00-10:45 AM Roe Falls Township Senior Center	Tai Chi 12:00-1:00 PM Arlette Studio 2			SilverSneakers® Classic 10:30-11:15 AM Glady Gym A/B		
Pilates 10:15-11:00 AM Irene Studio 2				Yoga 12:00-12:45 PM Lindsay Studio 2		
Chair Yoga 11:30-12:15 PM Loretta Studio 2						
EVENING CLASSES						
Monday 4/29	Tuesday 4/30	Wednesday 5/1	Thursday 5/2	Friday 5/3	Saturday 5/4	Sunday 5/5
Zumba® 6:00-6:45 PM Leanne Studio 2	Yoga 5:30-6:30 PM Jeanine Studio 2	Yoga 7:30-8:15 PM Lindsay Studio 2	Spin 6:00-6:45 PM Domenica Studio 3	Zumba® 6:00-6:45 PM Bridget Studio 2		
	Spin 6:30-7:15 PM Lisa Studio 3		Spartan Training 6:00-6:45 PM Jamie Studio 2		Fairless Hills Group Exercise Schedule Group exercise classes are included in your membership.	
	Pilates 7:00-7:45 PM Yada Studio 2		Yoga 7:15-8:00 PM Vicki Studio 2			
					Fairless Hills Stay & Play Hours: Monday - Thursday 8:30AM-11:30AM Monday - Thursday 4:30PM-7:30PM Friday 8:30AM-11:30AM Saturday 8:30AM-12:00PM	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual
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 4/28/24