

YMCA of BUCKS COUNTY | Doylestown
Group Exercise Schedule
November 2022

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 6:00-6:45 AM Laurie Studio 4	Spin 5:30-6:15 AM Bill Studio 4	HIIT 6:00-6:45 AM Gina Studio 2 (starting 11/9 new class time 7:00-7:45am)	Spin 6:00-6:45 AM Kathy K. Studio 4	Yoga 6:00-7:00 AM Laura S. Studio 1	Spin 8:00-8:45 AM Kathy K. Studio 4	BodyPump™ 8:45-9:30 AM Kristen L. Studio 2
Gentle Aqua Aerobics 8:00-8:45 AM Kim H. WP	BodyPump™ 7:00-7:45 AM Megan Studio 2	Aqua Aerobics 8:00-8:45 AM Maureen WP	Aqua Tabata 6:00-7:00 AM Michele WP	BodyPump™ 8:30-9:15 AM Kristin L. Studio 2	Strength & Sculpt 8:30-9:15 AM Grace Studio 2	Slow Flow Yoga 9:00-10:00 AM Cathy S. Studio 1
Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Aqua Yoga 8:00-8:45 AM Sandy WP	Pilates 8:00-8:45 AM Vicki C. Studio 2	BodyPump™ 7:00-7:45 AM Megan Studio 2	Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Spin 9:30-10:15 AM Robin Studio 4
Strength & Sculpt Express 8:45-9:15 AM Jo-Ann Studio 3	Strength & Sculpt 8:00-8:45 AM Candi Studio 2	Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Aqua Yoga 8:00-8:45 AM Sandy WP	Interval Training 9:30-10:15 AM Carrene Studio 2 (Turkey Burn Bootcamp 11/25 ONLY)	BodyCombat™ 9:30-10:15 AM Instructor Rotation (Nicole, Aryana & Tara) Studio 3	BodyCombat™ 9:45-10:30 AM Nicole S. Studio 2
Aqua Aerobics 9:00-10:00 AM Kim H. LP	NEW! Pilates Virtual 8:45-9:15 AM Studio 3	Aqua Balance, Stretch & Strengthen 9:00-10:00 AM Maureen LP	Aqua Dance 9:00-9:45 AM Maria LP	Pilates 10:30-11:15 AM Sue Studio 1	Pilates 9:30-10:15 AM Grace Studio 2	Les Mills CORE™ 10:45-11:15 AM Nicole S. Studio 2
Interval Training 9:30-10:15 AM Nicole Studio 2	Aqua Interval 9:00-10:00 AM Sara LP	BodyCombat™ 9:30-10:15 AM Aryana Studio 3	Tai Chi 9:00-9:45 AM Kyle Studio 1	Boxing 10:30-11:15 AM Kristin M Studio 3	Zumba® 10:30-11:15 AM Lilit/Elena Studio 2 Rotation	Zumba® 11:30-12:15 PM Elena/Lilit Studio 2 Rotation
Aqua Aerobics 10:00-11:00 AM Kim H. LP	Tai Chi 9:00-9:45 AM Kyle Studio 1	Zumba® 10:15-11:00 AM Lilit Studio 2	BodyPump™ 9:15-10:00 AM Carrene Studio 2	SilverSneakers® Classic 11:30-12:15 PM Cathy Studio 2		
BodyPump™ 10:30-11:15 AM Kristen L. Studio 2	BodyPump™ 9:15-10:00 AM Carrene Studio 2	Spin 10:15-11:00 AM Sue Studio 4	Express Spin 10:15-10:45 AM Carrene Studio 4	Express Spin 12:00-12:30 PM Vicki C. Studio 4		
Arthritis Aquatics 11:15-12:15 PM Kim H. WP	Aqua Fit 10:00-10:45 AM Sara LP	Gentle Yoga 11:30-12:30 PM Holly Studio 1	Deep Water Cardio 10:00-11:00 AM Maureen LP			
SilverSneakers® Classic 11:30-12:15 PM Jo-Ann Studio 2	Tabata Express 10:15-10:45 AM Carrene Studio 2	Deep Water Cardio 10:00-11:00 AM Maureen LP	Vinyasa Yoga 10:00-11:00 AM Yuki Studio 1			
Express Spin 12:00-12:30 PM Vicki C. Studio 4	Vinyasa Yoga 10:00-11:00 AM Yuki Studio 1	Arthritis Aquatics 11:15-12:15 PM Maureen WP	Low Impact Aerobics 11:15-12:00 PM Cathy M. Studio 2			
Vinyasa Yoga 12:30-1:15 PM Holly Studio 1	Low Impact Aerobics 11:15-12:00 PM Cathy M. Studio 2	SilverSneakers® Classic 11:30-12:15 PM Jo-Ann Studio 2	Arthritis Aquatics 11:15-12:15 PM Maureen WP			
SilverSneakers® Classic 12:30-1:15 PM Jo-Ann Studio 2	Arthritis Aquatics 11:15-12:15 PM Maureen WP	SilverSneakers® Classic 12:30-1:15 PM Jo-Ann Studio 2	Stretch & Balance 12:15-1:00 PM Cathy M. Studio 2		<p>Doylestown Group Exercise Schedule</p> <p>Group exercise classes are included in your membership.</p> <p>Registration required for Aquatic Group Exercise classes through MindBody as space is limited.</p>	
	Stretch & Balance 12:15-1:00 PM Cathy M. Studio 2					

	Aqua Low Impact 12:15-1:00 PM Maureen WP					
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

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EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates 5:15-6:00 PM Vonna Studio 1	Barre 5:30-6:15 PM Megan L. Studio 2	Strong Nation® 5:15-6:00 PM Lilit Studio 3	Hatha Yoga 5:30-6:30 PM Sandy Studio 1	NEW! Ab Blast! 5:15-5:45 PM Virtual Studio 3		
Zumba® 6:00-6:45 PM Gina Studio 2	Spin 6:00-6:45 PM Dan Studio 4 (Starting 11/15)	Strength & Sculpt 6:00-6:45 PM Candi Studio 1	Spin 6:00-6:45 PM Kathy K. Studio 4	BollyX® 6:00-6:45 PM Gina Studio 2		
Kettlebell 6:00-6:45 PM Tara Studio 3	Interval Bootcamp 6:30-7:15 PM Tara Studio 3	Zumba® 6:00-6:45 PM Elena Studio 2	BodyCombat™ 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.	
Vinyasa Yoga 7:00-8:00PM Maggie Studio 1	Zumba® 7:15-8:00 PM Amber Studio 2	Vinyasa Yoga 7:00-8:00 PM Eric Studio 1	Zumba® 7:15-8:00 PM Caitlin Studio 2			
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 11/10/22