

**YMCA of BUCKS COUNTY | Fairless Hills**  
**Group Exercise Schedule**  
**November 2022**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>COMING SOON!</b> <b>Aqua Deep Water</b> 8:00-8:45 AM   Pool	<b>Spin</b> 6:00-6:45 AM Roe   Studio 3	<b>COMING SOON!</b> <b>Aqua Deep Water</b> 8:00-8:45 AM   Pool	<b>Spin</b> 6:00-6:45 AM Roe   Studio 3	<b>Trim &amp; Tone</b> 6:00-6:45 AM Roe   Studio 1	<b>Aqua Zumba</b> 8:00-8:45 AM Betsy   Pool	<b>Yoga</b> 7:30-8:30 AM Jeanine   Studio 2
<b>NEW! Barbell Strength</b> 8:15-9:00 AM Glady   Studio 1	<b>Aqua Aerobics</b> 8:00-8:45 AM Carl   Pool	<b>Strength &amp; Sculpt Express</b> 8:30-9:00 AM Irene   Studio 1	<b>Aqua Aerobics</b> 8:00-8:45 AM Carl   Pool	<b>Bootcamp</b> 8:15-9:00 AM Glady   Studio 1 <b>(Turkey Burn Bootcamp 11/25)</b>	<b>Spin</b> 8:15-9:00 AM Lisa R   Studio 3	<b>Zumba</b> 9:00-9:45 AM Johana   Studio 1
<b>Aqua Aerobics</b> 9:00-9:45 AM Sheri   Pool	<b>Low Impact Aerobics</b> 8:15-9:00 AM Loretta   Studio 1	<b>Aqua Aerobics</b> 9:00-9:45 AM Betsy   Pool	<b>Aqua Interval</b> 9:00-9:45 AM Carl   Pool	<b>Aqua Aerobics</b> 9:00-9:45 AM Sheri   Pool	<b>Circuit</b> 9:15-10:00 AM Betsy   Studio 1	
<b>SilverSneakers® Circuit</b> 9:00-9:45 AM Roe   Falls Township Senior Center	<b>Aqua Interval</b> 9:00-9:45 AM Carl   Pool	<b>Spin</b> 9:15-10:00 AM Irene   Studio 3	<b>Low Impact Aerobics</b> 9:30-10:15 AM Loretta   Studio 1	<b>Strength &amp; Sculpt</b> 9:15-10:00 AM Lisa   Studio 1		
<b>Strength &amp; Sculpt</b> 9:15-10:00 AM Lisa   Studio 1	<b>Interval Training</b> 9:30-10:15 AM Lisa   Studio 1	<b>Zumba Gold</b> 10:00-10:45 AM Betsy   Studio 1	<b>Yoga</b> 9:30-10:30 AM Elda   Studio 2	<b>SilverSneakers® Circuit</b> 9:30-10:15 AM Loretta   Falls Township Senior Center		
<b>Spin</b> 9:15-10:00 AM Glady   Studio 3	<b>Barre</b> 10:30-11:15 AM Glady   Studio 1	<b>Silver Sneakers Yoga</b> 11:00-11:45 AM Betsy   Studio 1		<b>SilverSneakers® Classic</b> 10:30-11:15 AM Sheri   Studio 1		
<b>SilverSneakers® Classic</b> 10:00-10:45 AM Roe   Falls Township Senior Center	<b>SilverSneakers® Splash</b> 11:30-12:15 PM Glady   Pool			<b>SilverSneakers® Classic</b> 11:30-12:15 PM Sheri   Studio 1		
<b>Coming Soon! Pilates</b> 10:15-11:00 AM Yada   Studio 2 (Starting 11/14)	<b>NEW! Tai Chi</b> 12:30-1:15 PM <b>Virtual</b>   Studio 1					
<b>SilverSneakers® Classic</b> 10:30-11:15 AM Sheri   Studio 1						
<b>SilverSneakers® Classic</b> 11:30-12:15 PM Sheri   Studio 1						

  

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spartan Training</b> 6:00-6:45 PM Jamie   Studio 1	<b>Interval Training</b> 5:30-6:15 PM Lisa   Studio 1	<b>Zumba</b> 5:30-6:15 PM Leanne   Studio 1	<b>Spartan Training</b> 6:00-6:45 PM Jamie   Studio 1			
<b>Zumba</b> 6:00-6:45 PM Leanne   Studio 2	<b>Yoga</b> 5:30-6:30 PM Jeanine   Studio 2	<b>Strength &amp; Sculpt</b> 6:30-7:15 PM Kymberlee   Studio 1	<b>Kickboxing</b> 7:00-7:45 PM Jamie   Studio 1			
<b>Kickboxing</b> 7:00-7:45 PM Jamie   Studio 1	<b>Zumba</b> 6:30-7:15 PM Leanne   Studio 1	<b>NEW! Pilates</b> 7:30-8:15 PM <b>Virtual</b>   Studio 1			<b>Fairless Hills Group Exercise Schedule</b> Group exercise classes are included in your membership.	
	<b>Spin</b> 6:30-7:15 PM Lisa   Studio 3					
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](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 11/2/22