

YMCA of BUCKS COUNTY | Quakertown
Group Exercise Schedule
November 2022

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Zumba 9:00-9:45 AM Christopher LP	Strength & Flow 5:30-6:15 AM Steph Aux. Gym	HIIT 5:30-6:15 AM Steph Aux. Gym	BodyCombat™ 8:15-9:00 AM Karen Aux. Gym	Instructors Choice 8:00-8:45 AM Megan Aux. Gym	Zumba® 9:30-10:15 AM Melanie Aux. Gym	HIIT 7:30-8:15 AM Steph Aux. Gym
Deep Water Challenge 9:00-9:45 AM Michelle LP	Instructors Choice 8:15-9:00 AM Karen Aux. Gym	BodyPump™ 8:00-8:45 AM Karen Aux. Gym	Aqua Zumba 9:00-9:45 AM Christopher LP	Aqua Zumba 9:00-9:45 AM Karen LP	BodyPump™ 10:30-11:15 AM Kristen Aux. Gym	Yoga 8:30-9:30 AM Steph Aux. Gym
HIIT 9:30-10:15 AM Megan Aux. Gym Virtual Live	Y Circuit Class 9:30-10:15 AM Tara Y Circuit Room	NEW! Pop Pilates Express 9:00-9:30 AM Karen Gym	Zumba® 9:15-10:00 AM Karen Aux. Gym	Deep Water Challenge 9:00-9:45 AM Michelle LP		Coming Soon! BodyPump™ 10:00-10:45 AM Aux
Ab Blast! 10:30-11:00 AM Jen Studio Y Virtual Live	SilverSneakers® Classic 11:00-11:45 AM Kristen Gym	Aqua BeatBox 9:00-9:45 AM Christopher LP	Y Circuit Class 10:15-11:00 AM Kristen Y Circuit Room	Strength & Sculpt 9:30-10:15 AM Megan Aux. Gym Virtual Live (Turkey Burn Bootcamp 11/25 LIVE ONLY)		
SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live		Deep Water Challenge 9:00-9:45 AM Michelle LP	NEW! Tai Chi 11:00-11:45 AM Virtual Studio Y	Ab Blast! 10:30-11:00 AM Jen Studio Y Virtual Live		
		Booty Boot Camp 9:30-10:15 AM Megan Studio Y Virtual Live		SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live		
		Aqua Variety 10:00-10:45 AM Christopher LP				
		Spin 10:30-11:15 AM Kristen Studio Y				
		Stretch & Balance 11:00-11:45 AM Megan Gym Virtual Live				

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Y Circuit Class 5:30-6:15 PM Laura Y Circuit Room	HIIT 5:30-6:00 PM Laura Aux. Gym	BodyPump™ 5:30-6:15 PM Megan Gym	HIIT 5:30-6:00 PM Laura Aux. Gym			
BodyPump™ 6:30-7:15 PM Megan Aux. Gym	NEW! Zumba 6:00-6:45 PM Virtual Studio Y	Zumba® 5:30-6:15 PM Chris Studio Y	Les Mills CORE™ 6:15-6:45 PM Laura Aux. Gym			
NEW! Pop Pilates 7:15-8:00 PM Karen Studio Y	Yoga 7:00-8:00 PM Rick Studio Y	Y Circuit Class 6:30-7:15 PM Tara Y Circuit Room	Adult Swim Conditioning 7:40-8:40 PM Steve LP	Quakertown Group Exercise Schedule Group exercise classes are included in your membership.		
Instructors Choice 7:30-8:15 PM Kathy Rec Pool						
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 10/28/22