

YMCA of BUCKS & HUNTERDON COUNTIES | Deer Path
Group Exercise Schedule
Winter | December 2022

"We're here for you."

DAYTIME CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 6:00-7:00 AM Karlyn W FS	Strength Train 6:30-7:30 AM Ann G MPR	Spin 6:00-7:00 AM Karlyn W FS	Strength Train 6:30-7:30 AM Ann G MPR	Balance & Flex 9:00- 10:00 AM Jill W FS	Yoga 8:00- 9:15 AM Heena C MPR	Defend 8:00 - 9:00 AM Liz P MPR
Balance & Flex 8:00-9:00 AM Heena C MPR	Bootcamp 8:00-9:00 AM Jill W MPR	Low Impact 8:00-9:00 AM Jill W MPR	HIIT 8:00-8:45 AM Carmen F MPR	Strength Train 9:00-10:00 AM Lisa B MPR	Spin 8:00 -9:00 AM Pete K FS	Yoga 9:00 -10:00 AM Ann G MPR
Strength Train 9:00-10:00 AM Lisa B MPR	Pilates 9:00-10:00 AM Jill W MPR	Strength Train 9:00-10:00 AM Jill W MPR	Yoga 9:00-10:00 AM Jill W MPR	Senior Fitness 11:00-11:45 AM Carmen F MPR	Active 9:30-10:30 AM Denise K MPR	
Senior Stretch 11:00-11:45 AM Jill W MPR	Yoga Fusion TRX 10:00-11:00 AM Jill W MPR	Cardio Step 10:00-11:00 AM Marianne B FS	Defend 9:00-10:00 AM Heena C FS			
	Spin 10:30-11:30 AM Marianne B FS	Chair Yoga 11:00-11:45 AM Heena C MPR	Heart & Soul TRX 10:00-11:00 AM Jill W MPR			
	Senior Fitness 11:00-11:45 AM Jill W MPR		Senior Strength 11:00-11:45 AM Jill W MPR		<u>Deer Path Group Exercise Schedule</u> <u>Group exercise classes are included</u> <u>in your membership.</u>	

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Active 4:15-5:15 PM Denise K MPR		Active 4:15-5:15 PM Denise K MPR	Defend 5:30-6:30 PM Andrea T FS			
Strength Train 5:30 -6:30 PM Denise K MPR		Strength Train 5:30-6:30 PM Denise K MPR	Core Focus 6:45 -7:15 PM Andrea T MPR			

		Cardio Step 5:45 -6:45 PM Marianne B FS			<u>Deer Path Group Exercise Schedule</u> <u>Group exercise classes are included</u> <u>in your membership.</u>	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
						Rev:
						10/27/2022
Please check ymcabhc.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!						