

YMCA of BUCKS & HUNTERDON COUNTIES | Round Valley
Group Exercise Schedule
Winter | December 2022

"We're here for you."

DAYTIME CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rock Your Core 8:00 - 8:30 AM Jill W FS	Defend 8:00 - 9:00 AM Ellen D FS	Strength Train 8:00 - 9:00 AM Lisa B FS		Cardio Step 8:00 - 9:00 AM Heena C FS	Groove 8:30 - 9:30 AM Liz P FS	Total Body Conditioning 9:30 - 10:30 AM Karlyn W FS
Tabata 8:30 - 9:00 AM Jill W FS		Tai Chi Beginner 9:15 - 10:00 AM Tom T FS		Yoga 9:15 - 10:15 AM Heena C FS	Muscle Up! 9:30 - 10:30 AM Liz P FS	
Tai Chi Beginner 9:15 - 10:00 AM Tom T FS		Tai Chi Intermediate 10:00 - 10:45 AM Tom T FS				
Tai Chi Intermediate 10:00 - 10:45 AM Tom T FS						

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength Train 5:00 - 6:00 PM Jill W FS	Strength Train 4:00 - 5:00 PM Denise K FS	Cardio Step 5:00 - 6:00 PM Heena C FS	Groove 6:00 - 7:00 PM Jill W FS			
Groove 6:00 - 7:00 PM Jill W FS	Balance & Flex 6:30 - 7:30 PM Heena C FS	Strength Train 6:00 - 7:00 PM Andrea T FS	Yoga 7:00 - 8:00 PM Jill W FS			
		Focus & Flexibility 7:00 - 8:00 PM Liz P FS				
					<u>Round Valley 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	

