

**YMCA of BUCKS & HUNTERDON COUNTIES | Deer Path**  
**Group Exercise Schedule**  
**Winter | January 2023**

"We're here for you."

**DAYTIME CLASSES**

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

**EVENING CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Active</b> 4:15-5:15 PM Denise K   MPR	<b>Spin</b> 5:30-6:15 PM Marianne B.   FS	<b>Active</b> 4:15-5:15 PM Denise K   MPR	<b>Defend</b> 5:30-6:30 PM Andrea T   FS			
<b>Strength Train</b> 5:30 -6:30 PM Denise K   MPR		<b>Strength Train</b> 5:30-6:30 PM Denise K   MPR	<b>Core Focus</b> 6:45 -7:15 PM Andrea T   MPR			
		<b>Cardio Step</b> 5:45 -6:45 PM Marianne B   FS			<b>Deer Path Group Exercise Schedule</b> <u>Group exercise classes are included in your membership.</u>	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

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1/1/2023

Please check [ymcabhc.org](http://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!