

YMCA of BUCKS COUNTY | Fairless Hills
Group Exercise Schedule
January 2023

"We're here for you."

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

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spartan Training 6:00-6:45 PM Jamie Studio 1	Interval Training 5:30-6:15 PM Lisa Studio 1	Zumba 5:30-6:15 PM Leanne Studio 1	Spartan Training 6:00-6:45 PM Jamie Studio 1			
Zumba 6:00-6:45 PM Leanne Studio 2	Yoga 5:30-6:30 PM Jeanine Studio 2	Strength & Sculpt 6:30-7:15 PM Kymberlee Studio 1	Kickboxing 7:00-7:45 PM Jamie Studio 1			
Kickboxing 7:00-7:45 PM Jamie Studio 1	Zumba 6:30-7:15 PM Leanne Studio 1	NEW! Pilates 7:00-7:45 PM Yada Studio 2			Fairless Hills Group Exercise Schedule Group exercise classes are included in your membership.	
	Spin 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 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 1/3/23