YMCA of BUCKS & HUNTERDON COUNTIES | Round Valley
Group Exercise Schedule
Winter | January 2023

"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	
Tabata Express 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	**Focus & Flexibility** 7:00 - 8:00 PM Liz P | FS	**Yoga** 7:00 - 8:00 PM Jill W | FS			
					Round Valley Group Exercise Schedule **Group exercise classes are included in your membership**	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted

Rev:
11/16/2022

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!