

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

"We're here for you."

DAYTIME CLASSES

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

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Active 4:15-5:15 PM Denise K MPR	Spin 5:30-6:15 PM Karlyn W FS	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	Cardio Step 6:30 -7:30 PM Marianne B MPR	Strength Train 5:30-6:30 PM Denise K MPR	Core Focus 6:45 -7:15 PM Andrea T MPR			
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Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

Rev:
1/24/2023

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!