

YMCA of BUCKS COUNTY | Doylestown
Group Exercise Schedule
March 2023

"We're here for you."

| DAYTIME CLASSES | | | | | | |
|--|---|--|--|---|---|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Spin 6:00-6:45 AM Laurie Studio 4 | Spin 5:30-6:15 AM Bill Studio 4 | Spin 5:30-6:15 AM Bill Studio 4 | Spin 6:00-6:45 AM Kathy K. Studio 4 | NEW! Express Spin 6:00-6:30 AM Kathy/Bill Studio 4 | Express Spin 7:15-7:45 AM Kathy K. Studio 4 | BodyPump™ 8:45-9:30 AM Kristen Studio 2 |
| Gentle Aqua Aerobics 8:00-8:45 AM Liz WP (starting 3/13) | BodyPump™ 7:00-7:45 AM Megan Studio 2 | HIIT 7:00-7:45 AM Gina Studio 2 | Aqua Tabata 6:00-7:00 AM Michele WP | Yoga 6:00-7:00 AM Laura S. Studio 1 | Spin 8:00-8:45 AM Kathy K. Studio 4 | Slow Flow Yoga 9:00-10:00 AM Cathy S. Studio 1 |
| Hatha Yoga 8:30-9:30 AM Sandy Studio 1 | Aqua Yoga 8:00-8:45 AM Sandy WP | Aqua Aerobics 8:00-8:45 AM Maureen WP | BodyPump™ 7:00-7:45 AM Megan Studio 2 | BodyPump™ 8:30-9:15 AM Kristin L. Studio 2 | Strength & Sculpt 8:30-9:15 AM Michele Studio 2 | Spin 9:30-10:15 AM Robin Studio 4 |
| Strength & Sculpt 8:45-9:30 AM Jo-Ann Studio 3 | Strength & Sculpt 8:00-8:45 AM Candi Studio 2 | Pilates 8:00-8:45 AM Vicki C. Studio 2 | Aqua Yoga 8:00-8:45 AM Sandy WP | Hatha Yoga 8:30-9:30 AM Sandy Studio 1 | Hatha Yoga 8:30-9:30 AM Sandy Studio 1 | BodyCombat™ 9:45-10:30 AM Nicole S. Studio 2 |
| Interval Training 9:30-10:15 AM Nicole Studio 2 | Kickboxing Express 8:45-9:15 AM Virtual Studio 3 | Hatha Yoga 8:30-9:30 AM Sandy Studio 1 | Aqua Dance 9:00-9:45 AM Maria LP | Interval Training 9:30-10:15 AM Carrene Studio 2 | BodyCombat™ 9:30-10:15 AM Instructor Rotation (Nicole, Aryana & Tara) Studio 3 | Les Mills CORE™ 10:45-11:15 AM Nicole S. Studio 2 |
| NEW! Zumba Gold® 10:15-11:00 AM Denise Studio 3 | Aqua Interval 9:00-10:00 AM Sara LP | Aqua Balance, Stretch & Strengthen 9:00-10:00 AM Maureen LP | Tai Chi 9:00-9:45 AM Kyle Studio 1 | Pilates 10:30-11:15 AM Sue Studio 1 | Pilates 9:30-10:15 AM Vonna Studio 2 | Zumba® 11:30-12:15 PM Elena/Lilit Studio 2 |
| BodyPump™ 10:30-11:15 AM Kristen L Studio 2 | Tai Chi 9:00-9:45 AM Kyle Studio 1 | BodyCombat™ 9:30-10:15 AM Aryana Studio 3 | BodyPump™ 9:15-10:00 AM Carrene Studio 2 | Boxing 10:30-11:15 AM Kristin M Studio 3 | Zumba® 10:30-11:15 AM Lilit/Elena Studio 2 (Shamrock Shake 3/18) | |
| Barre Express 11:15-11:45 AM Virtual Studio 3 | BodyPump™ 9:15-10:00 AM Carrene Studio 2 | Zumba® 10:15-11:00 AM Lilit Studio 2 | Deep Water Cardio 10:00-11:00 AM Maureen LP | NEW! Zumba Gold® 10:30-11:15 AM Denise Studio 2 | | |
| Arthritis Aquatics 11:15-12:15 PM Kathy WP | Aqua Fit 10:00-10:45 AM Sara LP | Spin 10:15-11:00 AM Sue Studio 4 | Vinyasa Yoga 10:00-11:00 AM Yuki Studio 1 | Arthritis Aquatics 10:30-11:30 AM Kathy WP | | |
| SilverSneakers® Classic 11:30-12:15 PM Jo-Ann Studio 2 | Tabata Express 10:15-10:45 AM Carrene Studio 2 | Gentle Yoga 11:30-12:30 PM Saralyn Studio 1 | Express Spin 10:15-10:45 AM Carrene Studio 4 | SilverSneakers® Classic 11:30-12:15 PM Cathy/JoAnn Studio 2 | | |
| Express Spin 12:00-12:30 PM Vicki C. Studio 4 | Vinyasa Yoga 10:00-11:00 AM Yuki Studio 1 | Deep Water Cardio 10:00-11:00 AM Maureen LP | NEW! Barbell Strength Express 10:15-10:45 AM Kristen Studio 2 | Express Spin 12:00-12:30 PM Vicki C. Studio 4 | | |
| SilverSneakers® Classic 12:30-1:15 PM Jo-Ann Studio 2 | Low Impact Aerobics 11:15-12:00 PM Cathy M. Studio 2 | Arthritis Aquatics 11:15-12:15 PM Maureen WP | Low Impact Aerobics 11:15-12:00 PM Cathy M. Studio 2 | SilverSneakers® Classic 12:30-1:15 PM Cathy/JoAnn Studio 2 | | |
| | Arthritis Aquatics 11:15-12:15 PM Maureen WP | SilverSneakers® Classic 11:30-12:15 PM Jo-Ann Studio 2 | Arthritis Aquatics 11:15-12:15 PM Maureen WP | | <p>Doylestown Group Exercise Schedule</p> <p>Group exercise classes are included in your membership.</p> <p>Registration required for Aquatic Group Exercise classes through MindBody as space is limited.</p> | |
| | Stretch & Balance 12:15-1:00 PM Cathy M. Studio 1 | SilverSneakers® Classic 12:30-1:15 PM Jo-Ann Studio 2 | Stretch & Balance 12:15-1:00 PM Cathy M. Studio 1 | | | |
| | Aqua Low Impact 12:15-1:00 PM Maureen WP | | | | | |

| | | | | | | |
|------------------|-------------------|-------|-----------|----------|----------------|---------|
| Cardio/Endurance | Strength/Bodywork | Dance | Mind/Body | Aquatics | Senior/Adapted | Virtual |
|------------------|-------------------|-------|-----------|----------|----------------|---------|

YMCA of BUCKS COUNTY | Doylestown
Group Exercise Schedule
March 2023

"We're here for you."

EVENING CLASSES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---|---|---------|
| Pilates 5:15-6:00 PM Vonna Studio 1 | Barre 5:30-6:15 PM Megan L. Studio 2 | Strength & Sculpt 6:00-6:45 PM Candi Studio 1 | Hatha Yoga 5:30-6:30 PM Sandy Studio 1 | BollyX® 6:00-6:45 PM Gina Studio 2 | | |
| Zumba® 6:00-6:45 PM Gina Studio 2 | Spin 6:00-6:45 PM Dan Studio 4 | Zumba® 6:00-6:45 PM Elena Studio 2 | Spin 6:00-6:45 PM Kathy K. Studio 4 | | | |
| Kettlebell 6:00-6:45 PM Tara Studio 3 | Interval Bootcamp 6:30-7:15 PM Tara Studio 3 | Vinyasa Yoga 7:00-8:00 PM Eric Studio 1 | BodyCombat™ 6:15-7:00 PM Aryana Studio 3 | | <p><u>Doylestown Group Exercise Schedule</u></p> <p>Group exercise classes are included in your membership.</p> <p>Registration required for Aquatic Group Exercise classes through MindBody as space is limited.</p> | |
| Vinyasa Yoga 7:00-8:00PM Maggie Studio 1 | Zumba® 7:15-8:00 PM Amber Studio 2 | | Zumba® 7:15-8:00 PM Caitlin Studio 2 | | | |
| | Tai Chi 7:30-8:30 PM Virtual Studio 3 | | Tai Chi 7:15-8:15 PM Virtual 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 3/6/23