

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

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 6:00-6:45 AM Karlyn FS	Strength Train™ 6:30-7:30 AM Ann MPR	Low Impact 8:00-8:45 AM Jill MPR	Strength Train™ 6:30-7:30 AM Ann MPR	Cardio Step™ 8:00-9:00 AM Heena MPR	Yoga 8:00- 9:00 AM Heena MPR	Defend 45™ 8:00 - 8:45 AM Liz MPR
Balance & Flex™ 8:00-9:00 AM Heena MPR	Defend™ 8:00 - 9:00 AM Ellen Gymnasium	Strength Train 45™ 9:00-9:45 AM Jill MPR	HIIT 8:00-8:45 AM Carmen MPR	Balance & Flex™ 9:00- 10:00 AM Jill FS	Spin 8:00 -9:00 AM Pete FS	Yoga 9:00 -10:00 AM Ann MPR
Strength Train™ 9:00-10:00 AM Lisa MPR	Pilates 9:00-9:45 AM Jill MPR	Yoga 9:00 -10:00 AM Heather FS	Yoga 9:00-10:00 AM Jill MPR	Strength Train 45™ 9:15-10:00 AM Lisa MPR	Groove™ 9:15-10:15 AM Liz FS	
Rock Your Core 10:15 - 10:45 AM Jill MPR	Aqua Dynamix 10:00-10:45 AM POOL	Aqua Dynamix 10:00-10:45 AM POOL	Defend™ 9:00-10:00 AM Heena FS	Groove 45™ 10:15 - 11:00 AM Jill FS	Cardio Step™ 9:15-10:15 AM Heena MPR	
Senior Stretch 11:00-11:45 AM Jill MPR	Yoga Fusion TRX 10:00-10:45 AM Jill MPR	HIIT 10:00-10:45 AM Marianne MPR	Aqua Dynamix 10:00-10:45 AM POOL	Senior Dance 11:00-11:45 AM Carmen MPR	Muscle Up! 10:30-11:15 AM Liz FS	
	Spin 10:30-11:15 AM Marianne FS	Chair Yoga 11:00-11:45 AM Heena MPR	Tabata Express 10:15-10:45 AM Jill MPR		Deer Path Group Exercise Schedule Group exercise classes are included in your membership.	
	Senior Dance 11:00-11:45 AM Jill MPR		Senior Strength 11:00-11:45 AM Jill MPR			
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Active™ 4:15-5:15 PM Denise MPR	Spin Express 5:30-6:00 PM Karlyn FS	Active™ 4:15-5:15 PM Denise MPR	Defend™ 5:30-6:30 PM Andrea FS			
Strength Train 45™ 5:30 -6:15 PM Denise MPR	Total Body Express 6:15-6:45 PM Karlyn FS	Strength Train 45™ 5:30 -6:15 PM Denise FS	Yoga 7:00-8:00 PM Jill MPR			
Groove™ 6:30 - 7:30 PM Jill MPR	Balance & Flex™ 6:30 - 7:30 PM Heena MPR	Cardio Step™ 5:30-6:30 PM Heena MPR			Deer Path Group Exercise Schedule Group exercise classes are included in your membership.	
		Yoga 6:30 - 7:30 PM Ann FS				
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
* Monday 9:15am-10:00am Tai Chi will return in June						
*ROOM CHANGE						
* NEW CLASS						
* NEW TIME						
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!						