

YMCA OF BUCKS AND HUNTERDON COUNTIES | Doylestown
Group Exercise Schedule
September 11-30 2023

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 6:00-6:45 AM Dan 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	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	NEW! Aquacise 6:00-6:45 AM Janelle WP	Aqua Aerobics 8:00-8:45 AM Jill WP	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	BodyPump™ 7:00-7:45 AM Megan Studio 2	Pilates 8:00-8:45 AM Amy Studio 2	BodyPump™ 7:00-7:45 AM Megan Studio 2	Gentle Aqua Aerobics 8:00-8:45 AM Jill WP	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	Aqua Yoga/Ai Chi 8:00-8:45 AM Sandy WP	Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Aqua Yoga/Ai Chi 8:00-8:45 AM Sandy WP	BodyPump™ 8:30-9:15 AM Kristin L. Studio 2	Hatha Yoga 8:15-9:15 AM Sandy Studio 1 <i>(new start time)</i>	BodyCombat™ 9:45-10:30 AM Nicole S. Studio 2
Aquacise 9:00-9:45 AM Maryann LP	Strength & Sculpt 8:00-8:45 AM Candi Studio 2	Aqua Balance Stretch & Strengthen 9:00-10:00 AM Jill LP	Gentle Yoga 9:00-9:45 AM Holly Studio 1 <i>(Enerchi 9/21 only with Jennie)</i>	Hatha Yoga 8:30-9:30 AM Sandy Studio 1	BodyCombat™ 9:30-10:15 AM Instructor Rotation (Gina, Aryana & Tara) Studio 3	Les Mills CORE™ 10:45-11:15 AM Nicole S. Studio 2
Interval Training 9:30-10:15 AM Nicole Studio 2	Gentle Yoga 9:00-9:45 AM Holly Studio 1	BodyCombat™ 9:30-10:15 AM Aryana Studio 3	Aqua Dance 9:00-9:45 AM Maria LP	Aquacise 9:00-9:45 AM Jill LP	Pyro Pilates 9:30-10:15 AM Veronica Studio 2	Zumba® 11:30-12:15 PM Elena/Lilit Studio 2
Aqua Aerobics 10:00-11:00 AM Maryann LP	Aqua Interval 9:00-9:45 AM Maryann LP	Deep Water Cardio 10:00-11:00 AM Maureen LP	BodyPump™ 9:15-10:00 AM Dana Studio 2	Interval Training 9:30-10:15 AM Carrene Studio 2	Zumba® 10:30-11:15 AM Lilit/Elena Studio 2	
Zumba Gold® 10:15-11:00 AM Denise 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	Pilates 10:30-11:15 AM Sue Studio 1		
BodyPump™ 10:30-11:15 AM Kristen L Studio 2	Aqua Fit 10:00-10:45 AM Maryann LP	Spin 10:15-11:00 AM Sue Studio 4	Vinyasa Yoga 10:00-11:00 AM Yuki Studio 1	Boxing Circuit 10:30-11:15 AM Nicole Studio 3		
NEW! SilverSneakers Enerchi® 11:15-12:00 PM Jennie Studio 3	Vinyasa Yoga 10:00-11:00 AM Yuki Studio 1	Arthritis Aquatics 11:15-12:15 PM Maureen WP	Express Spin 10:15-10:45 AM Chrissy Studio 4	Zumba Gold® 10:30-11:15 AM Denise Studio 2		
SilverSneakers® Classic 11:30-12:15 PM Jo-Ann Studio 2	HIIT Express 10:15-10:45 AM Carrene Studio 2	Gentle Yoga 11:30-12:30 PM Saralyn Studio 1	Barbell Strength Express 10:15-10:45 AM Kristen Studio 2	Arthritis Aquatics 11:15-12:15 PM Kathy WP		
Arthritis Aquatics 11:45-12:45 PM Kathy WP <i>(new start time)</i>	Low Impact Aerobics 11:15-12:00 PM Cathy M. Studio 2	NEW! Meditation 12:45-1:15 PM Saralyn Studio 1	Low Impact Aerobics 11:15-12:00 PM Cathy M. Studio 2	SilverSneakers® Classic 11:30-12:15 PM Cathy/JoAnn Studio 2		
SilverSneakers® Classic 12:30-1:15 PM Jo-Ann Studio 2	Arthritis Aquatics 11:45-12:45 PM Maureen WP <i>(new start time)</i>	SilverSneakers® Classic 11:30-12:15 PM Jo-Ann Studio 2	Stretch & Balance 12:15-1:00 PM Cathy M. Studio 1	Express Spin 12:00-12:30 PM Megan Studio 4	<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	Arthritis Aquatics 11:45-12:45 PM Maureen WP <i>(new start time)</i>	SilverSneakers® Classic 12:30-1:15 PM Cathy/JoAnn Studio 2		
	Aqua Low Impact 12:45-1:30 PM Maureen WP		NEW! Aqua Low Impact 12:45-1:30 PM Maureen WP			
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

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EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates 5:00-5:45 PM Vonna Studio 1 <i>(new start time)</i>	Barre 5:30-6:15 PM Megan L. Studio 2	NEW! BodyPump™ 5:00-5:45 PM Laurie Studio 2	Hatha Yoga 5:30-6:30 PM Sandy Studio 1	NEW! Zumba Step® 5:30-6:15 PM Gina Studio 2		
Zumba® 6:00-6:45 PM Gina Studio 1	Spin 6:00-6:45 PM Dan Studio 4	Strength & Sculpt 6:00-6:45 PM Candi Studio 3	Spin 6:00-6:45 PM Kathy K. Studio 4	BollyX® 6:30-7:15 PM Gina Studio 2		
Kettlebell 6:00-6:45 PM Tara Studio 3	Interval Bootcamp 6:30-7:15 PM Chrissy Studio 3	Zumba® 6:00-6:45 PM Elena Studio 2	BodyCombat™ 6:15-7:00 PM Aryana Studio 3		Doylestown Stay & Play Hours: Monday - Thursday 8:30AM-1:00PM Monday - Thursday 4:00-8:00 PM Friday 8:30AM-1:00PM Saturday 8:00AM-1:00PM Sunday 9:30AM-1:00PM	
BodyCombat™ 7:00-7:45 PM Gina Studio 3	Zumba® 7:15-8:00 PM Amber Studio 2	Vinyasa Yoga 7:00-8:00 PM Eric Studio 2	Zumba® 7:15-8:00 PM Caitlin Studio 2			
Vinyasa Yoga 7:00-8:00PM Maggie Studio 1	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 9/13/23