

YMCA OF BUCKS AND HUNTERDON COUNTIES | Deer Path
Group Exercise Schedule
November 2023

"We're here for you."

DAYTIME CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 6:00-7:00 AM Karlyn FS	Strength Train™ 6:30-7:30 AM Ann MPR	HIIT 6:30-7:15 AM Laura MPR	Strength Train™ 6:30-7:30 AM Ann MPR	Cardio Step™ 8:00-9:00 AM Heena MPR (Turkey Burn Cardio Class 11/24 ONLY)	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™ 7:45-8:45 AM Ellen MPR	Low Impact 8:00-8:45 AM Jill MPR	HIIT 8:00-8:45 AM Heena MPR	Balance & Flex™ 9:00- 10:00 AM Jill FS	Spin 8:00 -9:00 AM Pete FS	Ab Blast 9:00 -9:30 AM Liz FS
Strength Train™ 9:15-10:15 AM Lisa MPR	Pilates 9:00-9:45 AM Jill MPR	Strength Train 45™ 9:00-9:45 AM Jill MPR	Yoga 9:00-10:00 AM Jill MPR	Strength Train™ 9:15-10:15 AM Lisa MPR	Groove™ 9:15 -10:15 AM Liz MPR	Yoga 9:00 -10:00 AM Ann MPR
Rock Your Core 10:30 - 11:00 AM Jill MPR	Aqua Dynamix 10:00-10:45 AM POOL	Yoga 9:00 -10:00 AM Heather FS	Defend™ 9:00-10:00 AM Heena FS	Senior Balance & Stretch Express 10:30-11:00 AM Jill MPR	Cardio & Strength 9:15-10:00 AM Heena FS	
Senior Stretch 11:15-12:00 PM Jill MPR	Yoga Fusion TRX 10:00-11:00 AM Jill MPR	Aqua Dynamix 10:00-10:45 AM POOL	Aqua Dynamix 10:00-10:45 AM POOL	Senior Dance 11:15-12:00 PM Jill MPR	Muscle Up! 10:30-11:15 AM Liz FS	
	Senior Dance 11:15-12:00 PM Jill MPR	HIIT 10:00-10:45 AM Marianne MPR	Tabata 10:15-11:00 AM Jill MPR		<u>Deer Path Group Exercise Schedule</u> Group exercise classes are included in your membership.	
		Chair Yoga 11:15-12:00 PM Heena MPR	Senior Stretch 11:15-12:00 PM Jill MPR			

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Active™ 4:15-5:15 PM Denise MPR	Total Body 5:30-6:30 PM Karlyn FS	Active™ 4:15-5:15 PM Denise MPR	Defend™ 5:30-6:30 PM Andrea FS	Total Body 6:30-7:15 PM Liz MPR		
Strength Train 45™ 5:30 -6:15 PM Denise MPR	Balance & Flex™ 6:30- 7:30 PM Heena MPR	Strength Train™ 5:30 -6:30 PM Denise FS	Yoga 7:00-8:00 PM Jill MPR			
Groove™ 6:30 - 7:30 PM Jill MPR		Cardio Step™ 5:30-6:30 PM Heena MPR			<u>Deer Path Stay & Play Hours</u> Monday 8:30AM-11:30AM / 4:00PM-7:30PM Tuesday 8:30AM-11:30AM / 4:00-7:30PM Wednesday 8:30AM-11:30AM / 4:00-7:30PM Thursday 8:30AM-11:30AM / 4:00-7:30PM Friday 8:30AM-11:30AM Saturday 8:00-11:00AM	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

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!

Updated 11/7/23

CLASSES HELD IN THE FS WILL NOT BE RUNNING THE WEEK OF NOVEMBER 23-27 DUE TO THE FLOORS BEING REDONE.