

**YMCA OF BUCKS AND HUNTERDON COUNTIES | Quakertown**  
**Group Exercise Schedule**  
**November 2023**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BodyCombat™</b> 5:30-6:15 AM Jenna   Aux. Gym	<b>Strength &amp; Flow</b> 5:30-6:15 AM Steph   Aux. Gym	<b>HIIT</b> 5:30-6:15 AM Steph   Aux. Gym	<b>BodyCombat™</b> 8:15-9:00 AM Karen   Aux. Gym	<b>Instructors Choice</b> 8:00-8:45 AM Megan   Aux. Gym	<b>Total Body Conditioning</b> 8:00-8:45 AM Jenna   Aux. Gym	<b>HIIT</b> 7:30-8:15 AM Steph   Aux. Gym
<b>Aqua Zumba</b> 9:00-9:45 AM Christopher   LP	<b>Instructors Choice</b> 8:15-9:00 AM Karen   Aux. Gym	<b>BodyPump™</b> 8:00-8:45 AM Karen   Aux. Gym	<b>Aqua Zumba</b> 9:00-9:45 AM Christopher   LP	<b>Aqua Zumba</b> 9:00-9:45 AM Karen   LP	<b>Zumba®</b> 9:30-10:15 AM Melanie   Aux. Gym	<b>NEW! Aqua Zumba</b> 8:00-8:45 AM Melanie   LP
<b>Aqua Deep Water Challenge</b> 9:30-10:15 AM Michelle   LP	<b>Y Circuit Class</b> 9:30-10:15 AM Tara   Y Circuit Room	<b>Pop Pilates Express</b> 9:00-9:30 AM Karen   Aux. Gym	<b>Zumba®</b> 9:15-10:00 AM Karen   Aux. Gym	<b>Aqua Deep Water Challenge</b> 9:30-10:15 AM Michelle   LP	<b>BodyPump™</b> 10:30-11:15 AM Kristen   Aux. Gym	<b>Yoga</b> 8:30-9:30 AM Steph   Aux. Gym
<b>HIIT</b> 9:30-10:15 AM Megan   Aux. Gym <b>Virtual Live</b>	<b>NEW! Spin</b> 9:45-10:30 AM Kristen   Studio Y <b>Virtual Live</b>	<b>Aqua BeatBox</b> 9:00-9:45 AM Christopher   LP	<b>Y Circuit Class</b> 10:00-10:45 AM Kristen   Y Circuit Room	<b>Strength &amp; Sculpt</b> 9:30-10:15 AM Megan   Aux. Gym <b>Virtual Live</b> (Turkey Burn Bootcamp 11/24 LIVE ONLY/MyZone Heart te Training Class)		<b>BodyPump™</b> 9:45-10:30 AM Beth   Aux. Gym
<b>Ab Blast!</b> 10:30-11:00 AM Jen   Studio Y <b>Virtual Live</b>	<b>SilverSneakers® Classic</b> 11:00-11:45 AM Kristen   Aux. Gym	<b>Aqua Deep Water Challenge</b> 9:30-10:15 AM Michelle   LP	<b>SilverSneakers® Classic</b> 11:00-11:45 AM Kristen   Gym	<b>Ab Blast!</b> 10:30-11:00 AM Jen   Studio Y <b>Virtual Live</b>		
<b>SilverSneakers® Circuit</b> 11:00-11:45 AM Megan   Gym <b>Virtual Live</b>		<b>Booty Boot Camp</b> 9:30-10:15 AM Megan   Studio Y <b>Virtual Live</b>	<b>Tai Chi</b> 11:00-11:45 AM <b>Virtual</b>   Studio Y	<b>SilverSneakers® Circuit</b> 11:00-11:45 AM Megan   Gym <b>Virtual Live</b>		
		<b>Aqua Variety</b> 10:00-10:45 AM Christopher   LP				
		<b>Spin</b> 10:30-11:15 AM Kristen   Studio Y (Turkey Burn Spin 11/23 only)				
		<b>Stretch &amp; Balance</b> 11:00-11:45 AM Megan   Gym <b>Virtual Live</b>				
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Y Circuit Class</b> 5:30-6:15 PM Jenna   Y Circuit Room	<b>Zumba®</b> 5:30-6:15 PM Lisa   Aux. Gym	<b>BodyPump™</b> 5:30-6:15 PM Megan   Aux. Gym	<b>BodyCombat™</b> 5:30-6:15 PM Karen   Aux. Gym			
<b>BodyPump™</b> 6:30-7:15 PM Laura   Aux. Gym	<b>HIIT</b> 6:30-7:00 PM Laura   Aux. Gym	<b>Zumba®</b> 5:30-6:15 PM Chris   Studio Y	<b>Pilates</b> 6:30-7:15 PM Karen   Aux. Gym			
	<b>Yoga</b> 7:15-8:15 PM Rick   Studio Y	<b>Y Circuit Class</b> 6:30-7:15 PM Tara   Y Circuit Room	<b>Adult Swim Conditioning</b> 7:30-8:30 PM ve   LP		<b>Quakertown Group Exercise Schedule</b> Group exercise classes are included in your membership.	
					<b>Quakertown Branch Stay &amp; Play Hours:</b> Monday-Thursday 8:30AM-12:30PM Monday-Thursday 5:00-7:30PM Friday 8:30AM-12:30PM Saturday 8:30AM-12:30PM	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual
<b>My Zone Heart Rate Training Class</b>						
Highlighted items indicate a change in class format or time.						
Please check <a href="http://ymcabucks.org">ymcabucks.org</a> 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!						<b>Updated 10/26/23</b>