

YMCA OF BUCKS AND HUNTERDON COUNTIES | Quakertown
Group Exercise Schedule
December 1st-17th 2023

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BodyCombat™ 5:30-6:15 AM Jenna Aux. Gym	Strength & Flow 5:30-6:15 AM Steph Aux. Gym	HIIT 5:30-6:15 AM Steph Aux. Gym	BodyCombat™ 8:15-9:00 AM Karen Aux. Gym	Instructors Choice 8:00-8:45 AM Megan Aux. Gym	Total Body Conditioning 8:00-8:45 AM Jenna Aux. Gym	HIIT 7:30-8:15 AM Steph Aux. Gym
Aqua Zumba 9:00-9:45 AM Christopher LP	Instructors Choice 8:15-9:00 AM Karen Aux. Gym	BodyPump™ 8:00-8:45 AM Karen Aux. Gym	Aqua Zumba 9:00-9:45 AM Christopher LP	Aqua Zumba 9:00-9:45 AM Karen LP	Zumba® 9:30-10:15 AM Melanie Aux. Gym	Aqua Zumba 8:00-8:45 AM Melanie LP
Aqua Deep Water Challenge 9:30-10:15 AM Michelle LP	Y Circuit Class 9:30-10:15 AM Tara Y Circuit Room	Pop Pilates Express 9:00-9:30 AM Karen Aux. Gym	Zumba® 9:15-10:00 AM Karen Aux. Gym	Aqua Deep Water Challenge 9:30-10:15 AM Michelle LP	BodyPump™ 10:30-11:15 AM Kristen Aux. Gym	Yoga 8:30-9:30 AM Steph Aux. Gym
HIIT 9:30-10:15 AM Megan Aux. Gym Virtual Live	Spin 9:45-10:30 AM Kristen Studio Y Virtual Live	Aqua BeatBox 9:00-9:45 AM Christopher LP	Y Circuit Class 10:00-10:45 AM Kristen Y Circuit Room	Strength & Sculpt 9:30-10:15 AM Megan Aux. Gym Virtual Live		BodyPump™ 9:45-10:30 AM Beth Aux. Gym
Ab Blast! 10:30-11:00 AM Jen Studio Y Virtual Live	SilverSneakers® Classic 11:00-11:45 AM Kristen Aux. Gym	Aqua Deep Water Challenge 9:30-10:15 AM Michelle LP	SilverSneakers® Classic 11:00-11:45 AM Kristen Gym	Ab Blast! 10:30-11:00 AM Jen Studio Y Virtual Live		
SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live		Booty Boot Camp 9:30-10:15 AM Megan Studio Y Virtual Live	Tai Chi 11:00-11:45 AM Virtual Studio Y	SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live		
		Aqua Variety 10:00-10:45 AM Christopher LP				
		Spin 10:30-11:15 AM Kristen Studio Y				
		Stretch & Balance 11:00-11:45 AM Megan Gym Virtual Live				

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Y Circuit Class 5:30-6:15 PM Jenna Y Circuit Room	Zumba® 5:30-6:15 PM Lisa Aux. Gym	BodyPump™ 5:30-6:15 PM Megan Aux. Gym	BodyCombat™ 5:30-6:15 PM Karen Aux. Gym			
BodyPump™ 6:30-7:15 PM Laura Aux. Gym	HIIT 6:30-7:00 PM Laura Aux. Gym	Zumba® 5:30-6:15 PM Chris Studio Y	Pilates 6:30-7:15 PM Karen Aux. Gym			
	Yoga 7:15-8:15 PM Rick Studio Y	Y Circuit Class 6:30-7:15 PM Tara Y Circuit Room (MyZone Heart Rate Training class 12/6)	Adult Swim Conditioning 7:30-8:30 PM ve LP		Quakertown Group Exercise Schedule Group exercise classes are included in your membership.	
					Quakertown Branch Stay & Play Hours: 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
My Zone Heart Rate Training Class						

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 11/21/23