

YMCA OF BUCKS AND HUNTERDON COUNTIES | Doylestown
Group Exercise Schedule
January 2024

"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	Aquacise 6:00-6:45 AM Janelle WP	NEW! Zumba Step® 7:00-7:45 AM Gina Studio 2	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	Aqua Aerobics 8:00-8:45 AM Jill WP	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	NEW! Express Spin 8:45-9:15 AM Robin Studio 4 (starting 1/21)
Strength & Sculpt 8:45-9:30 AM Jo-Ann Studio 3	Aqua Yoga/Ai Chi 8:00-8:45 AM Sandy WP	Pilates 8:00-8:45 AM Amy Studio 2	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	Spin 9:30-10:15 AM Robin Studio 4
Aquacise 9:00-9:45 AM Maryann LP	Strength & Sculpt 8:00-8:45 AM Candi Studio 2	Hatha Yoga 8:30-9:30 AM Sandy Studio 1	Gentle Yoga 9:00-9:45 AM Yuki Studio 1	Hatha Yoga 8:30-9:30 AM Sandy Studio 1	BodyCombat™ 9:30-10:15 AM Instructor Rotation (Gina, Aryana & Tara) Studio 3	BodyCombat™ 9:45-10:30 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	Aqua Tabata 9:00-10:00 AM Jill LP	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	Les Mills CORE™ 10:45-11:15 AM Nicole S. Studio 2
Aqua Aerobics 10:00-11:00 AM Maryann LP	Aqua Interval 9:00-9:45 AM Maryann LP	BodyCombat™ 9:30-10:15 AM Aryana Studio 3	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® 11:30-12:15 PM Elena/Lilit Studio 2
Zumba Gold® 10:15-11:00 AM Denise Studio 3	BodyPump™ 9:15-10:00 AM Carrene Studio 2	Deep Water Cardio 10:00-11:00 AM Maureen LP	Deep Water Cardio 10:00-11:00 AM Maureen LP	NEW! Express Spin 10:15-10:45 AM Megan Studio 4		
BodyPump™ 10:30-11:15 AM Kristen L Studio 2	Aqua Fit 10:00-10:45 AM Maryann LP	Zumba® 10:15-11:00 AM Lilit Studio 2	Vinyasa Yoga 10:00-11:00 AM Yuki Studio 1	Pilates 10:30-11:15 AM Sue Studio 1		
SilverSneakers® Classic 11:30-12:15 PM Jo-Ann Studio 2	Vinyasa Yoga 10:00-11:00 AM Yuki Studio 1	Spin 10:15-11:00 AM Sue Studio 4	Express Spin 10:15-10:45 AM Chrissy Studio 4	Boxing Circuit 10:30-11:15 AM Nicole Studio 3		
Arthritis Aquatics 11:45-12:45 PM Kathy WP	HIIT Express 10:15-10:45 AM Carrene Studio 2	Les Mills CORE™ 10:30-11:00 AM Dana Studio 3	Barbell Strength Express 10:15-10:45 AM Kristen Studio 2	Zumba Gold® 10:30-11:15 AM Denise Studio 2		
HIIT Express 12:15-12:45 PM Virtual Studio 3	Low Impact Aerobics 11:15-12:00 PM Cathy M. Studio 2	Arthritis Aquatics 11:15-12:15 PM Maureen WP	Low Impact Aerobics 11:15-12:00 PM Cathy M. Studio 2	Arthritis Aquatics 11:15-12:15 PM Kathy WP		
SilverSneakers® Classic 12:30-1:15 PM Jo-Ann Studio 2	Arthritis Aquatics 11:45-12:45 PM Maureen WP	Gentle Yoga 11:30-12:30 PM Saralyn Studio 1	Stretch & Balance 12:15-1:00 PM Cathy M. Studio 1	SilverSneakers® Classic 11:30-12:15 PM Cathy/JoAnn Studio 2	Doylestown Group Exercise Schedule Group exercise classes are included in your membership. Registration required for Aquatic Group Exercise classes through MindBody as space is limited.	
NEW! Express Spin 12:00-12:30 PM Vonna/Chrissy Studio 4	Stretch & Balance 12:15-1:00 PM Cathy M. Studio 1	Meditation 12:45-1:15 PM Saralyn Studio 1	Arthritis Aquatics 11:45-12:45 PM Maureen WP	SilverSneakers® Classic 12:30-1:15 PM Cathy/JoAnn Studio 2		
	Aqua Low Impact 12:45-1:30 PM Maureen WP	SilverSneakers® Classic 11:30-12:15 PM Jo-Ann Studio 2	Aqua Low Impact 12:45-1:30 PM Maureen WP			
		NEW! HIIT 12:00-12:45 PM Holly Studio 3 (Heart Rate Training Class)				
		SilverSneakers® Classic 12:30-1:15 PM Jo-Ann Studio 2				
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

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Highlighted items indicate a change in class format or time.

Please check vmcabucks.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 1/15/23