



QUAKERTOWN



CLASS SCHEDULE

TUESDAY

Aqua Basics with Jackie: 10-10:45 AM (LP)

Yoga with Rick: 7:30-8:30 PM (Aux. Gym)

WEDNESDAY

Stretch and Balance with Megan: 11-11:45 AM (Virtual LIVE)

THURSDAY

Pilates with Karen: 6:30-7:15 PM (Aux. Gym)

SUNDAY

Yoga with Steph: 8:30-9:30 AM (Aux. Gym)