

YMCA of BUCKS COUNTY | Deer Path  
 Group Exercise Schedule  
 December 2025 Modified Schedule 12/29 - 1/4

"We're here for you."

DAYTIME CLASSES						
Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4
<b>Balance &amp; Flex™</b> 8:00-9:00 AM Jill   MPR	<b>Pilates</b> 9:00-9:45 AM Jill   MPR	<b>HIIT Revolution</b> 6:30-7:15 AM Laura   MPR	<b>Yoga Chakra Alignment</b> 9:00-10:30 AM Jill   MPR	<b>Strength Train™</b> 9:15-10:15 AM Lisa   MPR	<b>Spin</b> 8:00 -9:00 AM Pete   FS	<b>Defend 45™</b> 8:00 - 8:45 AM Liz   MPR
<b>Pilates/Barre Fusion</b> 9:00-9:45 AM Carrie   FS	<b>Aqua Dynamix</b> 10:00-10:45 AM Mary   POOL	<b>Low Impact</b> 8:00-9:00 AM Jill   MPR			<b>Groove™</b> 9:15 - 10:15 AM Jill   MPR	
<b>Strength Train™</b> 9:15-10:15 AM Lisa   MPR	<b>Yoga Fusion TRX</b> 10:00-11:00 AM Jill   MPR	<b>Strength Train™</b> 9:15-10:15 AM Jill   MPR			<b>Strength Train™</b> 10:30-11:15 AM Lisa   MPR	
<b>Ab Blast</b> 10:30 - 11:00 AM Jill   MPR	<b>Senior Dance</b> 11:15-12:00 PM Jill   MPR	<b>Yoga</b> 9:00-10:00 AM Heather   FS			<b>Deer Path Group Exercise Schedule</b>  <b>Group exercise classes are included in your membership.</b>	
<b>Senior Stretch</b> 11:15-12:00 PM Jill   Gym		<b>Stretch &amp; Balance</b> 11:15-12:00 PM Carrie   MPR				
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Groove™</b> 6:30 - 7:30 PM Jill   MPR	<b>Yoga</b> 4:30-5:15 PM Monalisa   FS	Closed	Closed		<b>Deer Path Stay &amp; Play Hours</b>  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 8:30-12:30PM	
	<b>Total Body</b> 5:30-6:30 PM Liz   FS					
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

Please check [ymcarivercrossing.org](https://ymcarivercrossing.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 12/16/25