

LOWER BUCKS FAMILY YMCA FUNCTIONAL FITNESS SCHEDULE Fall I | September 5 – October 29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Total Body Circuit Training 10:30-11:30 AM Andrea	Strength & Conditioning 6:00-7:00 AM Andrea	Power Hour 7:00-8:00 PM Joe	Total Body Circuit Training 10:30-11:30 AM Andrea	Intro To Functional Fitness Training CALL TO SCHEDULE AN APPOINTMENT
Power Hour 7:00-8:00 PM Joe	Shock Training 6:00-7:00 PM Jamie		TRX 7:00-8:00 PM Kymberlee	
SATURDAY	SUNDAY		LOWER BUCKS FAMILY YMCA FUNCTIONAL FITNESS SCHEDULE Fall I September 5 – October 29 Additional fee applies for classes on this schedule. Please register at the Welcome Center. Contact Andrea Brown with any questions at 215-949-3400 ex. 68 or agbrown@lbfymca.org	
Total Body Circuit Training 8:00-9:00 AM Andrea	No Classes	08.18.17		