

LOWER BUCKS FAMILY YMCA FUNCTIONAL FITNESS SCHEDULE Summer | June 19 – August 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Open Gym 9:30-10:30 AM	Strength & Conditioning 6:00-7:00 AM Andrea	Open Gym 11:00-12:00 PM	Total Body Circuit Training 10:30-11:30 AM Andrea	Intro To Functional Fitness Training CALL TO SCHEDULE AN APPOINTMENT
Total Body Circuit Training 10:30-11:30 AM Andrea	Shock Training 6:00-7:00 PM Jamie	Open Gym 6:00-7:00 PM	TRX 7:00-8:00 PM Kymberlee	
Open Gym 6:00-7:00 PM	Open Gym 7:00-8:00 PM			
Power Hour 7:00-8:00 PM Joe				
SATURDAY	SUNDAY		LOWER BUCKS FAMILY YMCA FUNCTIONAL FITNESS SCHEDULE Summer June 19 – August 20 Additional fee applies for classes on this schedule. Please register at the Welcome Center.	
Total Body Circuit Training 8:00-9:00 AM Andrea	Sunday Funday 9:00 – 10:00 AM Joe			
		06.05.17		