

# LOWER BUCKS FAMILY YMCA GROUP EXERCISE SCHEDULE

## Interim Schedule | Monday, Aug. 20 – Sunday, Aug. 26

### DAYTIME

MONDAY August 20	TUESDAY August 21	WEDNESDAY August 22	THURSDAY August 23	FRIDAY August 24	SATURDAY August 25	SUNDAY August 26
Muscle Up 8:00-9:00 AM Roe   Studio 1	Cycle/Abs 6:00-7:00 AM Roe   Cycle Studio	Trim & Tone 5:45-6:30 AM Diane   Studio 1	Cycle/Abs 6:00-7:00 AM Roe   Cycle Studio	Trim & Tone 5:45-6:30 AM Roe   Studio 1	Cross Training 8:00-9:00 AM Irene   Studio 1	Yoga 7:00-8:00 AM Heather   MPR
Cycle 9:15-10:15 AM Alexandra   Cycle Studio	Trim & Tone 8:00-9:00 AM Roe   Studio 1	Les Mills BODYPUMP 8:00-9:00 AM Glady   Studio 1	Yoga 9:05-10:20 AM Evey   MPR	Les Mills BODYPUMP 8:00-9:00 AM Glady   Studio 1	Les Mills BODYSTEP 9:05 – 10:05 AM Irene   Studio 1	ZUMBA 9:00-10:00 AM Bridget   Studio 1
20-20-20 9:20-10:20 AM Andrea   Studio 1	S.S. Classic 9:15-10:15 AM Marie   Studio 1	Cycle 9:15-10:00 AM Glady   Cycle Studio	Trim & Tone 9:20-10:20 AM Andrea   Studio 1	Barre 9:05-10:05am Glady   Studio 1	Yoga 9:00-10:00 AM Loretta   MPR	
Yoga 9:45-11:00 AM Elda   MPR	POUND 9:15-10:15 AM Erin   GYM	Les Mills BODYSTEP 9:15-10:15 AM Andrea   Studio 1	XYZ 10:30-11:30 AM Evey   Studio 1	Cycle 9:30-10:30 AM Renee   Cycle Studio		
S.S. Classic 10:25-11:25 AM Betsy   GYM	Yoga 9:30-10:30 AM Elda   MPR	Anything Goes! 9:30-10:15 AM Evey   MPR	S.S. Circuit 11:00-12:00 PM Marie   MPR	Yoga 10:00-11:15 AM Elda   MPR		
ZUMBA Gold 10:30-11:30 AM Diane   Studio 1	XYZ 10:30-11:30 AM Debbie   Studio 1	S.S. Classic 10:15-11:15 AM Glady   GYM	S.S. Classic 12:30-1:30 PM Marie   MPR	S.S. Classic 10:15-11:15 AM Glady   GYM		
S.S. Yoga 11:35-12:35 PM Sara   MPR	S.S. Classic 11:45-12:45 PM Marie   MPR	Pilates 10:25-11:15 AM Evey   MPR		Tai Chi 11:30-12:30 PM Clyde   Studio 1		
S.S. Yoga 1:00-2:00 PM Roe   MPR		ZUMBA Gold 10:30-11:30 AM Bridget   Studio 1				
		Tai Chi 11:40-12:40 PM Clyde   Studio 1				

### EVENING

MONDAY August 20	TUESDAY August 21	WEDNESDAY August 22	THURSDAY August 23	FRIDAY August 24	SATURDAY August 25	SUNDAY August 26
Step It Up 5:30-6:30 PM Loretta   Studio 1	Les Mills BODYSTEP 5:15-6:15 PM Irene   Studio 1	PLYOGA 6:00-7:00 PM Kymberlee   MPR	Spartan Training 6:00-6:45 PM Jamie   Studio 1	Barre 5:00 – 6:00 PM Glady   MPR		
ZUMBA 6:30-7:30 PM Carolyn   Studio 1	Pilates 6:00-6:50 PM Lauren   MPR	Cardio Sculpt 6:00-7:00 PM Loretta   Studio 1	Kickboxing 7:00-8:00 PM Jamie   Studio 1	Pilates 6:00-7:00 PM Andrea   MPR		
Les Mills BODYPUMP 7:30-8:30 PM Loretta   Studio 1	Cross Training 6:15-7:00 PM Irene   Studio 1	POUND 7:00-8:00 PM Erin   MPR		Les Mills BODYPUMP 6:00-7:00 PM Loretta   Studio 1		
	Cycle 6:30-7:30 PM Jo   Cycle Studio	Les Mills BODYPUMP 7:00-8:00 PM Loretta   Studio 1			<b>LOWER BUCKS FAMILY YMCA GROUP EXERCISE SCHEDULE</b>  PLEASE NOTE THIS SCHEDULE IS SUBJECT TO CHANGE. PLEASE CHECK ONLINE FOR MOST UPDATED CLASS SCHEDULE.  NO REGISTRATION NEEDED FOR MEMBERS. Just drop in!  Unlimited Free Classes included with membership.  Daily guest fee includes access to group exercise classes listed on schedule. Contact Andrea Brown with any questions at 215-949-3400 ex. 68 or agbrown@lbymca.org	
	Yoga 7:00-8:00 PM Caris   MPR	Yoga 8:05-9:05 PM Loretta   MPR				
	Kickboxing 7:10-8:00 PM Jamie   Studio 1					

# LOWER BUCKS FAMILY YMCA GROUP EXERCISE SCHEDULE

## Interim Schedule | Monday, Aug. 27 – Monday, Sept. 3

### DAYTIME

MONDAY August 27	TUESDAY August 28	WEDNESDAY August 29	THURSDAY August 30	FRIDAY August 31	SATURDAY September 1	SUNDAY September 2
Muscle Up 8:00-9:00 AM Roe   Studio 1	Cycle/Abs 6:00-7:00 AM Roe   Cycle Studio	Trim & Tone 5:45-6:30 AM Rovena   Studio 1	Cycle/Abs 6:00-7:00 AM Roe   Cycle Studio	Trim & Tone 5:45-6:30 AM Roe   Studio 1	<b>CLOSED</b>	<b>CLOSED</b>
Cycle 9:15-10:15 AM Alexandra   Cycle Studio	Trim & Tone 8:00-9:00 AM Roe   Studio 1	Les Mills BODYPUMP 8:00-9:00 AM Glady   Studio 1	Yoga 9:05-10:20 AM Evey   MPR	Les Mills BODYPUMP 8:00-9:00 AM Glady   Studio 1		
20-20-20 9:20-10:20 AM Andrea   Studio 1	S.S. Classic 9:15-10:15 AM Marie   Studio 1	Cycle 9:15-10:00 AM Glady   Cycle Studio	Trim & Tone 9:20-10:20 AM Andrea   Studio 1	Barre 9:05-10:05am Glady   Studio 1		
Yoga 9:45-11:00 AM Elda   MPR	Yoga 9:30-10:30 AM Elda   MPR	Les Mills BODYSTEP 9:15-10:15 AM Andrea   Studio 1	XYZ 10:30-11:30 AM Evey   Studio 1	Yoga 10:00-11:15 AM Elda   MPR		
ZUMBA Gold 10:30-11:30 AM Diane   Studio 1	XYZ 10:30-11:30 AM Debbie   Studio 1	ZUMBA Gold 10:30-11:30 AM Rovena   Studio 1	S.S. Circuit 11:00-12:00 PM Marie   MPR	Tai Chi 11:30-12:30 PM Clyde   Studio 1		
S.S. Yoga 1:00-2:00 PM Roe   MPR	S.S. Classic 11:45-12:45 PM Rovena   MPR	Tai Chi 11:40-12:40 PM Clyde   Studio 1	S.S. Classic 12:30-1:30 PM Rovena   MPR			

### EVENING

MONDAY August 27	TUESDAY August 28	WEDNESDAY August 29	THURSDAY August 30	FRIDAY August 31	SATURDAY September 1	SUNDAY September 2
Step It Up 5:30-6:30 PM Loretta   Studio 1	Pilates 6:00-6:50 PM Andrea   MPR	Cardio Sculpt 6:00-7:00 PM Loretta   Studio 1	Spartan Training 6:00-6:45 PM Jamie   Studio 1	Les Mills BODYPUMP 6:00-7:00 PM Loretta   Studio 1	<b>CLOSED</b>	<b>CLOSED</b>
ZUMBA 6:30-7:30 PM Carolyn   Studio 1	Cycle 6:30-7:30 PM Jo   Cycle Studio	PLYOGA 6:00-7:00 PM Kymberlee   MPR	Kickboxing 7:00-8:00 PM Jamie   Studio 1			
Les Mills BODYPUMP 7:30-8:30 PM Loretta   Studio 1	Yoga 7:00-8:00 PM Caris   MPR	POUND 7:00-8:00 PM Erin   MPR				
	Kickboxing 7:10-8:00 PM Jamie   Studio 1	Les Mills BODYPUMP 7:00-8:00 PM Loretta   Studio 1				
<b>MONDAY September 3</b>		Yoga 8:05-9:05 PM Loretta   MPR				
<b>CLOSED</b>						

**LOWER BUCKS FAMILY YMCA  
GROUP EXERCISE SCHEDULE**

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Unlimited Free Classes included with membership.

Daily guest fee includes access to group exercise classes listed on schedule.

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