

# LOWER BUCKS FAMILY YMCA

## GROUP EXERCISE SCHEDULE

### Fall 1 | September 6 – October 30

#### DAYTIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FSS-Flexibility, Strength and Stamina</b> 5:45-6:30 AM Diane   Studio 1	<b>Cycle/Abs</b> 6:00-7:00 AM Roe   Cycle Studio	<b>FSS-Flexibility, Strength and Stamina</b> 5:45-6:30 AM Diane   Studio 1	<b>Cycle/Abs</b> 6:00-7:00 AM Roe   Cycle Studio	<b>Trim &amp; Tone</b> 5:45-6:30 AM Roe   Studio 1	<b>Trim &amp; Tone</b> 8:00-9:00 AM Irene   Studio 1	<b>Yoga</b> 7:00-8:00 AM Heather   MPR
<b>Group Power</b> 8:00-9:00 AM Rose   Studio 1	<b>Trim &amp; Tone</b> 8:00-9:00 AM Roe   Studio 1	<b>Group Power</b> 8:00-9:00 AM Rose   Studio 1	<b>R 30 &amp; Core</b> 9:00-9:45 AM Lisa   Cycle Studio	<b>Group Power</b> 8:00-9:00 AM Rose   Studio 1	<b>Cycle</b> 8:00-9:00 AM Jo   Cycle Studio	<b>Cycle</b> 8:15-9:15 AM Catherine   Cycle Studio
<b>Butts-N-Gutts</b> 9:20-10:20 AM Andrea   Studio 1	<b>S.S. Classic</b> 9:15-10:15 AM Marie   Studio 1	<b>20/20/20</b> 9:15-10:15 AM Andrea   Studio 1	<b>Yoga</b> 9:15-10:15 AM Heather   Wellness Center	<b>Cardio Fusion</b> 9:15-10:15 AM Lisa   Studio 1	<b>Yoga</b> 9:00-10:00 AM Loretta   MPR	<b>Zumba</b> 8:30-9:30 AM Leslie   GYM
<b>Cycle</b> 9:15-10:15 AM Rose   Cycle Studio	<b>Plyoga</b> 9:15-10:15 AM Alexandra   GYM	<b>Anything Goes!</b> 9:30-10:15 AM Evey/Lynne   MPR	<b>Boot Camp</b> 9:30-10:30 AM Andrea   Studio 1	<b>Cycle</b> 9:15-10:15 AM Rose   Cycle Studio	<b>Zumba</b> 9:00-10:00 AM Diane   Studio 1	<b>Aqua Dance</b> 1:30-2:30 PM Erin   Pool
<b>Yoga</b> 9:45-10:45 AM Elda   MPR	<b>Yoga</b> 9:45-10:45 AM Elda   Wellness Center	<b>S.S. Classic</b> 10:15-11:15 AM Rose   GYM	<b>XYZ</b> 10:30-11:30 AM Rose   Studio 1	<b>Yoga</b> 10:00-11:00 AM Elda   MPR	<b>Group Power</b> 10:15-11:15 AM Loretta   Studio 1	
<b>S.S. Classic</b> 10:15-11:15 AM Rose   GYM	<b>XYZ</b> 10:30-11:30 AM Debbie   Studio 1	<b>Pilates</b> 10:25-11:15 AM Evey   MPR	<b>S.S. Classic</b> 11:30-12:30 PM Marie   Studio 1	<b>S.S. Classic</b> 10:15-11:15 AM Rose   GYM		
<b>New Class Coming Soon!</b> 10:30-11:30 AM   Studio 1	<b>S.S. Classic</b> 11:45-12:45 PM Rovena   Studio 1	<b>Zumba</b> 10:30-11:30 AM Leslie   Studio 1	<b>S.S. Classic</b> 12:30-1:30 PM Rovena   Studio 1	<b>Barre/Mat</b> 10:30-11:30 AM Diane   Studio 1		
<b>S.S. Yoga</b> 11:30-12:30 PM Rovena   Studio 1		<b>S.S. Yoga</b> 11:30-12:30 PM Sara   Studio 1		<b>Tai Chi</b> 11:30-12:30 PM Clyde   Studio 1		
<b>S.S. Cardio</b> 12:30-1:30 PM Marie   Gym		<b>Tai Chi</b> 12:45-1:45 PM Clyde   Studio 1				
<b>S.S. Yoga</b> 1:00-2:00 PM Roe   Studio 1						

#### EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spartan Training</b> 6:00-6:45 PM Jamie   FFC Space Limited	<b>Group Blast</b> 5:00-6:00 PM Irene   Studio 1	<b>Cycle</b> 6:00-7:00 PM Lynne   Cycle Studio	<b>Zumba</b> 5:00-6:00 PM Leslie   Studio 1	<b>Body Toning</b> 6:00-7:00 PM Loretta   Studio 1		
<b>Step It Up</b> 5:30-6:30 PM Loretta   Studio 1	<b>Boot Camp</b> 6:00-7:00 PM Irene   Studio 1	<b>Plyoga</b> 6:00-7:00 PM Kymberlee   MPR	<b>Spartan Training</b> 6:00-6:45 PM Jamie   Studio 1	<b>Latin Dance</b> 7:00-8:00 PM Rovena   Studio 1		
<b>Zumba</b> 6:30-7:30 PM Jeannine   Studio 1	<b>Pilates</b> 6:00-6:50 PM Lauren/Andrea   MPR	<b>Cardio Sculpt</b> 6:00-7:00 PM Loretta   Studio 1	<b>Cycle</b> 6:00-7:00 PM Kymberlee   Cycle Studio			
<b>Cycle</b> 7:00-8:00 PM Val   Cycle Studio	<b>Cycle</b> 6:30-7:30 PM Jo   Cycle Studio	<b>Group Power</b> 7:00-8:00 PM Loretta   Studio 1	<b>Kickboxing</b> 7:00-8:00 PM Jamie   Studio 1			
<b>Group Power</b> 7:30-8:30 PM Loretta   Studio 1	<b>Yoga</b> 7:00-8:00 PM Evey   MPR	<b>Yoga</b> 8:05-9:05 PM Loretta   MPR				
	<b>Kickboxing</b> 7:10-8:00 PM Jamie   Studio 1					
	<b>Zumba</b> 8:00-9:00 PM Leslie   Studio 1					
				<b>9.26.16</b>		

**LOWER BUCKS FAMILY YMCA  
GROUP EXERCISE SCHEDULE  
Fall 1 | September 5 – October 30**

NO REGISTRATION NEED FOR MEMBERS. Just drop in!

Unlimited Free Classes included with membership.  
Daily guest fee includes access to group exercise classes listed on schedule.

Contact Lisa Kall with any questions at 215-949-3400 ex. 68 or lkall@lbymca.org

