

LOWER BUCKS FAMILY YMCA

GROUP EXERCISE SCHEDULE

Fall | 2017 | September 5 – October 29

DAYTIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Power 8:00-9:00 AM Rose Studio 1	Cycle/Abs 6:00-7:00 AM Roe Cycle Studio	Trim & Tone 5:45-6:30 AM Andrea Studio 1	Cycle/Abs 6:00-7:00 AM Roe Cycle Studio	Trim & Tone 5:45-6:30 AM Roe Studio 1	Cross Training 8:00-8:45 AM Irene Studio 1	Yoga 7:00-8:00 AM Heather MPR
Butts-N-Gutts 9:20-10:20 AM Andrea Studio 1	Trim & Tone 8:00-9:00 AM Roe Studio 1	Group Power 8:00-9:00 AM Rose Studio 1	Cycle 8:00-9:00 AM Rose Cycle Studio	Group Power 8:00-9:00 AM Rose Studio 1	Cycle 8:00-9:00 AM Jo Cycle Studio	Zumba 8:30-9:30 AM Johana Studio 1
Cycle 9:15-10:15 AM Rose Cycle Studio	S.S. Classic 9:15-10:15 AM Marie Studio 1	Cycle 9:15-10:15 AM Glady Cycle Studio	Yoga 9:15-10:30 AM Evey MPR	Barre 9:15-10:15am Caris Studio 1	Yoga 9:00-10:00 AM Loretta MPR	Cycle 9:30-10:30 AM Stacy Cycle Studio
Yoga 9:45-11:00 AM Elda MPR	Pound 9:15-10:15 AM Erin GYM	20/20/20 9:15-10:15 AM Andrea Studio 1	Trim & Tone 9:30-10:30 AM Andrea Studio 1	Cycle 9:15-10:15 AM Rose Cycle Studio	Zumba 9:00-10:00 AM Diane Gym	
S.S. Classic 10:15-11:15 AM Rose GYM	Yoga 9:30-10:30 AM Elda MPR	Anything Goes! 9:30-10:15 AM Evey MPR	XYZ 10:30-11:30 AM Rose Studio 1	Yoga 10:00-11:15 AM Elda MPR	Group Blast 8:45-9:30 AM Irene Studio 1	
Zumba Gold 10:45-11:45 AM Diane Studio 1	XYZ 10:30-11:30 AM Debbie Studio 1	S.S. Classic 10:15-11:15 AM Rose GYM	S.S. Classic 11:00-12:00 PM Marie MPR	S.S. Classic 10:15-11:15 AM Rose GYM	Group Power 10:15-11:15 AM Loretta Studio 1	
S.S. Cardio 11:30-12:30 PM Marie GYM	S.S. Classic 11:45-12:45 PM Rovena MPR	Pilates 10:25-11:15 AM Evey MPR	S.S. Classic 12:30-1:30 PM Rovena MPR	Mommy and Me Yoga <i>Ages 4 and under</i> 11:15-12:00 PM Caris MPR		
S.S. Yoga 11:45-12:45 PM Sara MPR		Zumba Gold 10:30-11:30 AM Rovena Studio 1		Tai Chi 11:30--12:30 PM Clyde Studio 1		
S.S. Yoga 1:00-2:00 PM Roe MPR		S.S. Yoga 11:30-12:30 PM Sara MPR				
		Tai Chi 11:40--12:40 PM Clyde Studio 1				

EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 5:30-6:30 PM Stacy Cycle Studio	Group Blast 5:30-6:15 PM Irene Studio 1	Family Zumba (ages 5 and up!) 5:00 – 5:45 PM Rovena MPR	Zumba 4:45 – 5:45 PM Diane Studio 1	Barre 5:00 – 6:00 PM Glady MPR		
Step It Up 5:30 – 6:30 PM Loretta Studio 1	Cross Training 6:15-7:00 PM Irene Studio 1	Cycle 6:00-7:00 PM Lynne Cycle Studio	Spartan Training 6:00-6:45 PM Jamie Studio 1	Pilates 6:00-7:00 PM Andrea MPR		
Spartan Training 6:00-6:45 PM Jamie FFC Space Limited	Pilates 6:00-6:50 PM Lauren/Andrea MPR	Plyoga 6:00-7:00 PM Kymberlee MPR	Cycle 6:00-7:00 PM Kymberlee Cycle Studio	Body Toning 6:00-7:00 PM Loretta Studio 1		
Zumba 6:30-7:30 PM Carolyn Studio 1	Cycle 6:30-7:30 PM Jo Cycle Studio	Cardio Sculpt 6:00-7:00 PM Loretta Studio 1	Kickboxing 7:00-8:00 PM Jamie Studio 1	Latin Dance 7:00-8:00 PM Rovena Studio 1	LOWER BUCKS FAMILY YMCA GROUP EXERCISE SCHEDULE Fall 2017 September 5 – October 29	
Cycle 7:00-8:00 PM Val Cycle Studio	Yoga 7:00-8:00 PM Evey MPR	Pound 7:00-8:00 PM Erin MPR			PLEASE NOTE THIS SCHEDULE IS SUBJECT TO CHANGE. PLEASE CHECK ONLINE FOR MOST UPDATED CLASS SCHEDULE.	
Group Power 7:30-8:30 PM Loretta Studio 1	Kickboxing 7:10-8:00 PM Jamie Studio 1	Group Power 7:00-8:00 PM Loretta Studio 1			NO REGISTRATION NEED FOR MEMBERS. Just drop in!	
	Zumba 8:00-9:00 PM Johana Studio 1	Yoga 8:05-9:05 PM Loretta MPR			Unlimited Free Classes included with membership.	
				08.14.17	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@lbfymca.org	

CLASS DESCRIPTIONS

<p>20/20/20 - Get it all in one class. 20 minutes of floor/step aerobics, 20 minutes of toning and 20 minutes of stretching makes this class a great part of your fitness regimen.</p>	<p>Group Power - This 60 minute barbell program strengthens all your major muscle in an inspiring, motivating group environment with fantastic music and awesome instructors. You will use simple athletic movements such as squats, lunges, curls, and presses. Group Power is for all ages and fitness levels.</p>
<p>Zumba - This program is a fusion of Latin and International dance themes that create a dynamic, exciting, and effective fitness routine. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. No experience needed Come join the fun.</p>	<p>Latin Dance - This class is an introduction to the principles of authentic Latin dancing. The class is focused around basic body rhythms inherent in Cumbia, Merengue, Salsa, Bachata, and Cha-Cha-Cha.</p>
<p>Body Toning - Energetic workout including strength, cardio and core in one workout.</p>	<p>Step it up! - Step Cardio, Interval weights, toning, core and stretch.</p>
<p>Spartan Training - Want to take it to the next level? Than this is the class for you. Short burst of high intensity training followed by a short active recovery period. Burn more calories, increase your endurance and strength.</p>	<p>Group Blast - Get your cardio fix with 60minutes of step training. Improve your fitness, agility, balance & strength with athletic exercises that utilize the step in a dynamic new way.</p>
<p>Kickboxing - Aerobic conditioning with a punch. Kick your regime up a notch and see. May use kicking bags and jump ropes.</p>	<p>Pilates - Increase core stabilization, strength, flexibility and balance using controlled breathing and mindful movement</p>
<p>Butts-N-Guts - Focus toning of abs and glutes with an aerobic warm-up and deep stretching.</p>	<p>Cycle and Abs - 45 Minutes of Cycling followed by 15 minutes of intense core work.</p>
<p>Cardio Sculpt - Cardio, Strength, Toning, Core.</p>	<p>Yoga - Enhance relaxation, reduce stress, develop flexibility, increase strength and tone your body!</p>
<p>Cycle - These traditional indoor cycling classes offer a non-impact, highly effective way to build cardiovascular strength and endurance. Designed for all levels, these classes offer a challenging opportunity to get your heart pumping, burn serious calories and leave you with a feeling of accomplishment and perhaps a desire to be out on the road. Cycle shoes are optional - SPD compatible.</p>	<p>Cardio Fusion - This class will change weekly keeping the routines fresh, new and body shocking! Full body workout offering a variety of cardio styles including kickboxing, step, military drills just to name a few. This class will also incorporate strength training using weights, resistance and medicine balls.</p>
<p>Plyoga - Plyoga is designed to challenge everyone from a fitness beginner to a perennial athlete. Plyoga uses a 4 part plyometric interval system which implements yoga as an active recovery, creating achievability and a true growth process for participants'.</p>	<p>Trim & Tone - A workout consisting of muscle toning and cardio exercises for the entire body. Weights, body bars, exertubes, exerbands, and stability balls are used in this class.</p>
<p>Tai Chi - Learn basic form and meditative movements. You will be taught to apply knowledge to everyday life, improve your natural healing ability and wellness.</p>	<p>XYZ - Xtra Years of Zest - Moderate paced, lower-impact workout emphasizing strength, cardiovascular endurance and flexibility. Suitable for active older adults.</p>
<p>Anything Goes! - A <i>light</i> cardio/weight combo workout where every class is something different and it's a surprise every time! With sculpting, dance, step and a variety of equipment, you'll get a great 50-minute workout that will start your "over-the-hump day" with a fit feeling and a smile! The class is designed for those who want a low impact, light to moderate workout.</p>	<p>Barre - Barre is a dynamic, energizing class that integrates the ballet Barre, weighted balls, resistance bands and other equipment to provide a full body stretch and strength workout.</p>