

LOWER BUCKS FAMILY YMCA - NEWTOWN

NEWTOWN GROUP EXERCISE SCHEDULE

Spring I 2018 | February 26 – April 22

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|-------------------------------------|
| Tai Chi 9:00 – 10:00 AM Clyde | Cycle Fit 9:00 – 10:00 AM Lisa | Group Aerobics 5:00 – 5:40 PM Donna | Chair Yoga 7:45 – 8:45 AM Elda | Tai Chi 9:30 – 10:30 AM Clyde |
| Group Aerobics 5:45 – 6:45 PM Beth | Kickboxing 5:15 – 6:00 PM Trish | Yoga 6:00-7:00 PM Elda | Group Cycle 6:30 – 7:30 PM Michael | |
| Yoga 7:00 – 8:15 PM Elda | Group Cycle 6:30 – 7:30 PM Michael | Yoga 7:00 – 8:00 PM Elda | ZUMBA 7:00 – 8:00 PM Carolyn Wright Mtg. Hall | |
| | ZUMBA 7:00 – 8:00 PM Carolyn Wright Mtg. Hall | | | |
| SATURDAY | SUNDAY | | <p>LOWER BUCKS FAMILY YMCA NEWTOWN GROUP EXERCISE SCHEDULE Spring 1 2018 February 26 - April 22 UNLIMITED FREE CLASSES INCLUDED WITH MEMBERSHIP.</p> <p>Daily guest fee includes access to group exercise classes listed on schedule.</p> <p>Please register at the Welcome Center 215.579.6200.</p> <p>Contact Nicole Bandura at nbandura@cbfymca.org</p> | |
| Group Cycle 9:00 – 10:00 AM Michael | | | | |
| Yoga 10:00 – 11:15 AM Elda | | 2.20.18 | | |