

LOWER BUCKS FAMILY YMCA - NEWTOWN

NEWTOWN GROUP EXERCISE SCHEDULE

Summer I/II 2018 | June 18 – August 19th

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	
Group Aerobics 5:45 – 6:45 PM Beth	HIIT 5:15 – 6:00 PM Kara	Yoga 6:00-7:00 PM Elda	Group Cycle 5:15 – 6:15 PM Ruthanne	Tai Chi 9:30 – 10:30 AM Clyde
Yoga 7:00 – 8:15 PM Elda	Group Cycle 6:30 – 7:30 PM Michael	Yoga 7:00 - 8:00 PM Elda	Group Cycle 6:30 – 7:30 PM Michael	
	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 Summer 1/2 2018 June 18 - August 19 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>	
Yoga 10:00 – 11:15 AM Elda		6.5.18		