

LOWER BUCKS FAMILY YMCA - NEWTOWN

NEWTOWN GROUP EXERCISE SCHEDULE

Fall II | October 30 – December 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi 9:00 – 10:00 AM Clyde	Group Cycle 6:30 – 7:30 PM Michael	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	Zumba 7:00 – 8:00 PM Carolyn Wright Mtg. Hall	Yoga 6:00-7:00 PM Elda Wright Mtg. Hall	Group Cycle 6:30 – 7:30 PM Michael	
Yoga 7:00 – 8:15 PM Elda Wright Mtg. Hall		Yoga 7:00 – 8:00 PM Elda Wright Mtg. Hall	Zumba 7:00 – 8:00 PM Carolyn Wright Mtg. Hall	
SATURDAY	SUNDAY		LOWER BUCKS FAMILY YMCA NEWTOWN GROUP EXERCISE SCHEDULE Fall II October 30 – December 24 UNLIMITED FREE CLASSES INCLUDED WITH MEMBERSHIP. Daily guest fee includes access to group exercise classes listed on schedule. Please register at the Welcome Center. Contact Andrea Brown at 215-949-3400 Ext. 68 or agbrown@lbfymca.org	
Group Cycle 9:00 – 10:00 AM Michael		10.12.17		
Yoga 10:00 – 11:15 AM Elda				