

LOWER BUCKS FAMILY YMCA - NEWTOWN

NEWTOWN GROUP EXERCISE SCHEDULE

Fall I | September 5 – October 29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi 9:00 – 10:00 AM Clyde	HITT 6:30 – 7:30 AM Jarred	Group Aerobics 5:00 – 5:40 PM Donna	HITT 6:30 – 7:30 AM Jarred	Tai Chi 9:30 – 10:30 AM Clyde
Group Aerobics 5:45 – 6:45 PM Beth	Group Cycle 6:30 – 7:30 PM Michael	Yoga 6:00-7:00 PM Elda Wright Mtg. Hall	Chair Yoga 7:45 – 8:45 AM Elda	
Yoga 7:00 – 8:15 PM Elda Wright Mtg. Hall	Zumba 7:00 – 8:00 PM Carolyn Wright Mtg. Hall	Yoga 7:00 – 8:00 PM Elda Wright Mtg. Hall	Group Cycle 6:30 – 7:30 PM Michael	
			Zumba 7:00 – 8:00 PM Carolyn Wright Mtg. Hall	
SATURDAY	SUNDAY			
Group Cycle 9:00 – 10:00 AM Michael				
Yoga 10:00 – 11:15 AM Elda		08.29.17		