

LOWER BUCKS FAMILY YMCA – NEWTOWN

NEWTOWN GROUP EXERCISE SCHEDULE

Summer | June 19 – August 20

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		LOWER BUCKS FAMILY YMCA NEWTOWN GROUP EXERCISE SCHEDULE Summer June 19 – August 20 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 Bobby Dobra at 215-949-3400 Ext. 21 or bdobra@lbfymca.org	
Group Cycle 9:00 – 10:00 AM Michael		06.02.17		
Yoga 10:00 – 11:15 AM Elda				