

# LOWER BUCKS FAMILY YMCA - NEWTOWN

## NEWTOWN GROUP EXERCISE SCHEDULE

### Winter I 2018 | January 2 – February 25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Tai Chi</b> 9:00 – 10:00 AM Clyde	<b>Group Cycle</b> 6:30 – 7:30 PM Michael	<b>Group Aerobics</b> 5:00 – 5:40 PM Donna	<b>Chair Yoga</b> 7:45 – 8:45 AM Elda	<b>Tai Chi</b> 9:30 – 10:30 AM Clyde
<b>Group Aerobics</b> 5:45 – 6:45 PM Beth	<b>ZUMBA</b> 7:00 – 8:00 PM Carolyn Wright Mtg. Hall	<b>Yoga</b> 6:00–7:00 PM Elda Wright Mtg. Hall	<b>Group Cycle</b> 6:30 – 7:30 PM Michael	
<b>Yoga</b> 7:00 – 8:15 PM Elda Wright Mtg. Hall		<b>Yoga</b> 7:00 – 8:00 PM Elda Wright Mtg. Hall	<b>ZUMBA</b> 7:00 – 8:00 PM Carolyn Wright Mtg. Hall	
SATURDAY	SUNDAY		<b>LOWER BUCKS FAMILY YMCA            NEWTOWN GROUP EXERCISE SCHEDULE</b> Winter I 2018   January 2 – February 25 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 <a href="mailto:agbrown@lbfymca.org">agbrown@lbfymca.org</a>	
<b>Group Cycle</b> 9:00 – 10:00 AM Michael				
<b>Yoga</b> 10:00 – 11:15 AM Elda		12.22.17		