YMCA OF BUCKS AND HUNTERDON COUNTIES | Quakertown
Group Exercise Schedule
April 2024

"We're here for you."

DAYTIME CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BodyCombat™ 5:30-6:15 AM Jenna | Aux. Gym	**Strength & Flow** 5:30-6:15 AM Steph | Aux. Gym	**HIIT** 5:30-6:15 AM Steph | Aux. Gym	**Kettlebell** 5:30-6:15 AM Tara | Aux. Gym	**Step/Strength Interval** 8:00-8:45 AM Megan | Aux. Gym	**Total Body Conditioning** 8:00-8:45 AM Jenna | Aux. Gym	**HIIT** 7:30-8:15 AM Steph | Aux. Gym
Aqua Interval 9:00-9:45 AM Crystal | LP (**class format change starting 4/22**)	**Cardio/Strength Interval** 8:15-9:00 AM Karen | Aux. Gym	**BodyPump™** 8:00-8:45 AM Karen | Aux. Gym	**BodyCombat™** 8:15-9:00 AM Karen | Aux. Gym	**Aqua Zumba** 9:00-9:45 AM Karen | LP	**Express Barre** 9:00-9:30 AM Jenna | Studio Y	**Aqua Zumba** 8:00-8:45 AM Melanie | LP
Aqua Deep Water Challenge 9:30-10:15 AM Michelle | LP	**Aqua Interval** 9:00-9:45 AM Jackie | LP	**Aqua Zumba** 9:00-9:45 AM Karen | LP (**class format change starting 4/24**)	**Aqua Interval** 9:00-9:45 AM Crystal | LP (**class format change starting 4/25**)	**Aqua Deep Water Challenge** 9:30-10:15 AM Michelle | LP	**Zumba®** 9:30-10:15 AM Melanie | Aux. Gym	**Yoga** 8:30-9:30 AM Steph | Aux. Gym
HIIT 9:30-10:15 AM Megan | Aux. Gym **Virtual Live** (**Heart Rate Training class**)	**NEW! BodyPump™** 9:15-10:00 AM Nicole | Aux. Gym (**starting 4/23**)	**Aqua Deep Water Challenge** 9:30-10:15 AM Michelle | LP	**Zumba®** 9:15-10:00 AM Karen | Aux. Gym	**Strength & Sculpt** 9:30-10:15 AM Megan | Aux. Gym **Virtual Live**	**BodyPump™** 10:30-11:15 AM Kristen | Aux. Gym	**BodyPump™** 9:45-10:30 AM Beth | Aux. Gym
Ab Blast! 10:30-11:00 AM Jen | Studio Y **Virtual Live**	**Y Circuit Class** 9:30-10:15 AM Tara |Y Circuit Room	**Booty Boot Camp** 9:30-10:15 AM Megan | Studio Y **Virtual Live**	**Y Circuit Class** 10:00-10:45 AM Kristen | Y Circuit Room	**Ab Blast!** 10:30-11:00 AM Jen | Studio Y **Virtual Live**		
SilverSneakers® Circuit 11:00-11:45 AM Megan | Gym **Virtual Live**	**Spin** 9:45-10:30 AM Kristen | Studio Y **Virtual Live**	**Spin** 10:30-11:15 AM Kristen | Studio Y	**NEW! BodyPump™** 10:15-11:00 AM Nicole | Aux. Gym (**starting 4/25**)	**SilverSneakers® Circuit** 11:00-11:45 AM Megan | Gym **Virtual Live**		
	NEW! Silver Sneakers® Splash 10:00-10:45 AM Crystal | LP (**starting 4/9**)	**Stretch & Balance** 11:00-11:45 AM Megan | Gym **Virtual Live**	**SilverSneakers® Classic** 11:00-11:45 AM Kristen | Gym			
	SilverSneakers® Classic 11:00-11:45 AM Kristen | Aux. Gym		**Tai Chi** 11:00-11:45 AM **Virtual** | Studio Y			

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Y Circuit Class 5:30-6:15 PM Jenna | Y Circuit Room	**Zumba®** 5:30-6:15 PM Lisa | Aux. Gym	**BodyPump™** 5:30-6:15 PM Megan | Aux. Gym	**BodyCombat™** 5:30-6:15 PM Karen | Aux. Gym			
Zumba® 5:30-6:15 PM Melanie | Aux. Gym	**HIIT** 6:30-7:00 PM Laura | Aux. Gym	**Zumba®** 5:30-6:15 PM Melanie | Studio Y	**Pilates** 6:30-7:15 PM Karen | Aux. Gym			
BodyPump™ 6:30-7:15 PM Laura | Aux. Gym	**NEW! BodyPump™** 7:15-8:00 PM Elaina | Aux. Gym	**Y Circuit Class** 6:30-7:15 PM Tara | Y Circuit Room (**Heart Rate Training class**)	**Adult Swim Conditioning** 7:30-8:30 PM ve | LP		**Quakertown Group Exercise Schedule** **Group exercise classes are included in your membership.**	
	Yoga 7:30-8:30 PM Rick | 2nd floor program space				**Quakertown Branch Stay & Play Hours:** **Monday-Thursday 8:30AM-12:30PM** **Monday-Thursday 5:00-7:30PM** **Friday 8:30AM-12:30PM** **Saturday 8:30AM-12:30PM**	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

Heart Rate Training Class

Highlighted items indicate a change in class format or time.

Please check ymcabucks.org for updates and visit us on the Y Wellness 24/7 virtual platform for our live Virtual Group Exercise classes and hundreds of on-demand video content!

Updated 4/17/24