

YMCA OF BUCKS AND HUNTERDON COUNTIES | Deer Path
Group Exercise Schedule
May 2024

"We're here for you."

DAYTIME CLASSES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|--|--|--|
| Spin 6:00-7:00 AM Karlyn FS | Strength Train™ 6:30-7:30 AM Ann MPR | HIIT 6:30-7:15 AM Laura MPR | Strength Train™ 6:30-7:30 AM Ann MPR | Cardio Step™ 8:00-9:00 AM Heena MPR | Yoga 8:00- 9:00 AM Heena MPR | Defend 45™ 8:00 - 8:45 AM Liz MPR |
| Balance & Flex™ 8:00-9:00 AM Heena MPR | Defend™ 7:45-8:45 AM Heena MPR | Low Impact 8:00-8:45 AM Jill MPR | HIIT 8:00-8:45 AM Heena MPR | Balance & Flex™ 9:00- 10:00 AM Jill FS | Spin 8:00 -9:00 AM Pete FS | Yoga 9:00 -10:00 AM Ann MPR |
| Pilates/Barre Fusion 9:00-9:45 AM Carrie FS | Pilates 9:00-9:45 AM Jill MPR | Strength Train 45™ 9:00-9:45 AM Jill MPR | Yoga 9:00-10:00 AM Jill MPR | Strength Train™ 9:15-10:15 AM Lisa MPR | Groove™ 9:15 -10:15 AM Jill MPR | |
| Strength Train™ 9:15-10:15 AM Lisa MPR | Aqua Dynamix 10:00-10:45 AM POOL | Yoga 9:00 -10:00 AM Heather FS | Defend™ 9:00-10:00 AM Heena FS | Stretch & Balance Express 10:30-11:00 AM Jill MPR | Cardio & Strength 9:15-10:00 AM Heena FS | |
| Ab Blast 10:30 - 11:00 AM Jill MPR | Yoga Fusion TRX 10:00-11:00 AM Jill MPR | Aqua Dynamix 10:00-10:45 AM POOL | Aqua Dynamix 10:00-10:45 AM POOL | Senior Dance 11:15-12:00 PM Jill MPR | Trim & Tone 10:15-11:00 AM Marianne/Ann FS | |
| Senior Stretch 11:15-12:00 PM Jill Gym | Senior Dance 11:15-12:00 PM Jill MPR | HIIT 10:00-10:45 AM Marianne MPR | Tabata 10:15-11:00 AM Jill MPR | | <u>Deer Path Group Exercise Schedule</u> <u>Group exercise classes are included in your membership.</u> | |
| | | Chair Yoga 11:15-12:00 PM Heena MPR | Senior Strength 11:15-12:00 PM Jill MPR | | | |

EVENING CLASSES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|----------|--|--------|
| Active™ 4:15-5:15 PM Denise MPR | NEW! Pilates/Barre Fusion 4:15-5:00 PM Carrie MPR | Active™ 4:15-5:15 PM Denise MPR | Defend™ 5:30-6:30 PM Andrea FS | | | |
| Strength Train 45™ 5:30 -6:15 PM Denise MPR | Total Body 5:30-6:30 PM Karlyn FS | Strength Train™ 5:30 -6:30 PM Denise FS | Yoga 6:45-7:45 PM Jill MPR | | | |
| Groove™ 6:30 - 7:30 PM Jill MPR | | Cardio Step™ 5:30-6:30 PM Heena MPR | | | <u>Deer Path Stay & Play Hours</u> Monday 8:30AM-11:30AM / 4:00PM-7:30PM Tuesday 8:30AM-11:30AM / 4:00-7:30PM Wednesday 8:30AM-11:30AM / 4:00-7:30PM Thursday 8:30AM-11:30AM / 4:00-7:30PM Friday 8:30AM-11:30AM Saturday 8:00-11:00AM | |
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| Cardio/Endurance | Strength/Bodywork | Dance | Mind/Body | Aquatics | Senior/Adapted | |

Please check ymcabhc.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 4/28/24