

**YMCA OF BUCKS AND HUNTERDON COUNTIES | Doylestown**  
**Group Exercise Schedule**  
**May 2024**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin</b> 6:00-6:45 AM Dan   Studio 4	<b>Spin</b> 5:30-6:15 AM Bill   Studio 4	<b>Spin</b> 5:30-6:15 AM Bill   Studio 4	<b>Spin</b> 6:00-6:45 AM Kathy K.   Studio 4	<b>Express Spin</b> 6:00-6:30 AM Kathy/Bill   Studio 4	<b>Express Spin</b> 7:15-7:45 AM Kathy K.   Studio 4	<b>BodyPump™</b> 8:45-9:30 AM Kristen   Studio 2
<b>Gentle Aqua Aerobics</b> 8:00-8:45 AM Liz   WP	<b>Aquacise</b> 6:00-6:45 AM Janelle   WP	<b>Aqua Aerobics</b> 8:00-8:45 AM Jill   WP	<b>Aqua Tabata</b> 6:00-7:00 AM Michele   WP	<b>Yoga</b> 6:00-7:00 AM Laura S.   Studio 1	<b>Spin</b> 8:00-8:45 AM Kathy K.   Studio 4	<b>Slow Flow Yoga</b> 9:00-10:00 AM Cathy S.   Studio 1
<b>Hatha Yoga</b> 8:30-9:30 AM Sandy   Studio 1	<b>BodyPump™</b> 7:00-7:45 AM Megan   Studio 2	<b>Pilates</b> 8:00-8:45 AM Amy   Studio 1	<b>BodyPump™</b> 7:00-7:45 AM Megan   Studio 2	<b>Gentle Aqua Aerobics</b> 8:00-8:45 AM Jill   WP	<b>Strength &amp; Sculpt</b> 8:30-9:15 AM Michele   Studio 2	<b>Express Spin</b> 8:45-9:15 AM Robin   Studio 4
<b>Strength &amp; Sculpt</b> 8:45-9:30 AM Jo-Ann   Studio 3	<b>Aqua Yoga/Ai Chi</b> 8:00-8:45 AM Sandy   WP	<b>Hatha Yoga</b> 8:30-9:30 AM Sandy   Studio 1	<b>Aqua Yoga/Ai Chi</b> 8:00-8:45 AM Sandy   WP	<b>BodyPump™</b> 8:30-9:15 AM Kristin L.   Studio 2	<b>Hatha Yoga</b> 8:15-9:15 AM Sandy   Studio 1	<b>Spin</b> 9:30-10:15 AM Robin   Studio 4
<b>Aquacise</b> 9:00-9:45 AM Maryann   LP (starting 5/6)	<b>Strength &amp; Sculpt</b> 8:00-8:45 AM Candi   Studio 2	<b>Aqua Tabata</b> 9:00-10:00 AM Jill   LP (starting 5/8)	<b>Gentle Yoga</b> 9:00-9:45 AM Yuki   Studio 1	<b>Hatha Yoga</b> 8:30-9:30 AM Sandy   Studio 1	<b>BodyCombat™</b> 9:30-10:15 AM Gina/Aryana Studio 3	<b>BodyCombat™</b> 9:45-10:30 AM Nicole S.   Studio 2
<b>Interval Training</b> 9:30-10:15 AM Nicole   Studio 2	<b>Qigong</b> 9:00-9:45 AM Dot   Studio 1	<b>BodyCombat™</b> 9:30-10:15 AM Aryana   Studio 3	<b>Aqua Dance</b> 9:00-9:45 AM Maria   LP (starting 5/9)	<b>Aquacise</b> 9:00-9:45 AM Jill   LP (starting 5/10)	<b>Pilates</b> 9:30-10:15 AM Vonna   Studio 2	<b>Qigong</b> 10:15-11:00 AM Dot   Studio 1
<b>Aqua Aerobics</b> 10:00-11:00 AM Maryann   LP (starting 5/6)	<b>Aqua Interval</b> 9:00-9:45 AM Maryann   LP (starting 5/7)	<b>Aqua Deep Water Cardio</b> 10:00-11:00 AM Instructor Rotation   LP (starting 5/8)	<b>BodyPump™</b> 9:15-10:00 AM Dana   Studio 2	<b>Interval Training</b> 9:30-10:15 AM Carrene   Studio 2	<b>Zumba®</b> 10:30-11:15 AM Lilit/Elena  Studio 2	<b>Les Mills CORE™</b> 10:45-11:15 AM Nicole S.   Studio 2
<b>Zumba Gold®</b> 10:15-11:00 AM Denise   Studio 3	<b>BodyPump™</b> 9:15-10:00 AM Carrene   Studio 2	<b>Zumba®</b> 10:15-11:00 AM Lilit   Studio 2	<b>Vinyasa Yoga</b> 10:00-11:00 AM Yuki   Studio 1	<b>Express Spin</b> 10:15-10:45 AM Megan   Studio 4		<b>Zumba®</b> 11:30-12:15 PM Elena/Lilit   Studio 2
<b>BodyPump™</b> 10:00-11:15 AM Kristen L   Studio 2	<b>Aqua Fit</b> 10:00-10:45 AM Maryann   LP (starting 5/7)	<b>Spin</b> 10:15-11:00 AM Sue   Studio 4	<b>Express Spin</b> 10:15-11:00 AM Chrissy   Studio 4	<b>Pilates</b> 10:30-11:15 AM Sue   Studio 1		
<b>SilverSneakers® Classic</b> 11:30-12:15 PM Jo-Ann   Studio 2	<b>Vinyasa Yoga</b> 10:00-11:00 AM Yuki   Studio 1	<b>Les Mills CORE™</b> 10:30-11:00 AM Dana   Studio 3	<b>Barbell Strength Express</b> 10:15-10:45 AM Kristen   Studio 2	<b>BodyCombat™</b> 10:30-11:15 AM Aryana   Studio 3		
<b>Arthritis Aquatics</b> 11:45-12:45 PM Jill   WP (starting 5/6)	<b>HIIT Express</b> 10:15-10:45 AM Carrene   Studio 2	<b>Arthritis Aquatics</b> 11:15-12:15 PM Instructor Rotation   P (starting 5/8)	<b>Low Impact Aerobics</b> 11:15-12:00 PM Cathy M.   Studio 2	<b>Zumba Gold®</b> 10:30-11:15 AM Denise   Studio 2		
<b>HIIT Express</b> 12:15-12:45 PM Virtual   Studio 3	<b>Low Impact Aerobics</b> 11:15-12:00 PM Cathy M.   Studio 2	<b>Gentle Yoga</b> 11:30-12:30 PM Saralyn   Studio 1	<b>Stretch &amp; Balance</b> 12:15-1:00 PM Cathy M.   Studio 1	<b>Arthritis Aquatics</b> 11:15-12:15 PM Instructor Rotation   P (starting 5/10)		
<b>SilverSneakers® Classic</b> 12:30-1:15 PM Jo-Ann   Studio 2	<b>Arthritis Aquatics</b> 11:45-12:45 PM Janelle   WP (starting 5/7)	<b>Meditation</b> 12:45-1:15 PM Saralyn   Studio 1		<b>SilverSneakers® Classic</b> 11:30-12:15 PM Cathy/JoAnn   Studio 2	<b>Doylestown Group Exercise Schedule</b> Group exercise classes are included in your membership. Registration required for Aquatic Group Exercise classes through MindBody as space is limited.	
<b>Express Spin</b> 12:00-12:30 PM Vonna/Chrissy   Studio 4	<b>Stretch &amp; Balance</b> 12:15-1:00 PM Cathy M.   Studio 1	<b>SilverSneakers® Classic</b> 11:30-12:15 PM Jo-Ann   Studio 2		<b>SilverSneakers® Classic</b> 12:30-1:15 PM Cathy/JoAnn   Studio 2		
	<b>Aqua Low Impact</b> 12:45-1:30 PM Janelle   WP (starting 5/7)	<b>HIIT</b> 12:00-12:45 PM Instructor Rotation   Studio 3				
		<b>SilverSneakers® Classic</b> 12:30-1:15 PM Jo-Ann   Studio 2				
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

**YMCA of BUCKS COUNTY | Doylestown**  
**Group Exercise Schedule**  
**May 2024**

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**EVENING CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Pilates</b> 5:00-5:45 PM Vonna   Studio 2	<b>Barre</b> 5:30-6:15 PM Megan   Studio 2	<b>BodyPump™</b> 5:00-5:45 PM Laurie   Studio 2	<b>Hatha Yoga</b> 5:30-6:30 PM Sandy   Studio 1	<b>Zumba Step®</b> 5:30-6:15 PM Gina   Studio 2		
<b>Zumba®</b> 6:00-6:45 PM Gina   Studio 2	<b>Spin</b> 6:00-6:45 PM Dan   Studio 4 ( <b>Heart Rate Training Class</b> )	<b>Strength &amp; Sculpt</b> 6:00-6:45 PM Candi   Studio 3	<b>Spin</b> 6:00-6:45 PM Kathy K.   Studio 4			
<b>Kettlebell</b> 6:00-6:45 PM Tara   Studio 3	<b>Express Zumba Step®</b> 6:30-7:00 PM Gina   Studio 2	<b>Zumba®</b> 6:00-6:45 PM Elena   Studio 2	<b>BodyCombat™</b> 6:15-7:00 PM Aryana   Studio 3		<b>Doylestown Stay &amp; Play Hours:</b> Monday - Thursday 8:30AM-1:00PM Monday - Thursday 4:00-8:00 PM Friday 8:30AM-1:00PM Saturday 8:00AM-1:00PM Sunday 9:30AM-1:00PM	
<b>BodyCombat™</b> 7:00-7:45 PM Gina   Studio 2	<b>Interval Training</b> 6:30-7:15 PM Chrissy   Studio 3	<b>Spin</b> 6:00-6:45 PM Dan/Susan Studio 4	<b>Zumba®</b> 7:15-8:00 PM Caitlin   Studio 2			
<b>Vinyasa Yoga</b> 7:00-8:00PM Maggie   Studio 1	<b>Zumba®</b> 7:15-8:00 PM Amber   Studio 2	<b>Vinyasa Yoga</b> 7:00-8:00 PM Eric   Studio 1				
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

Highlighted items indicate a change in class format or time.

Please check [ymcabucks.org](http://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 5/3/24