

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

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin</b> 6:00-7:00 AM Karlyn   FS	<b>Strength Train™</b> 6:30-7:30 AM Ann   MPR	<b>HIIT</b> 6:30-7:15 AM Laura   MPR	<b>Strength Train™</b> 6:30-7:30 AM Ann   MPR	<b>Step &amp; Sculpt</b> 8:00-9:00 AM Carrie   MPR	<b>Yoga</b> 8:00- 9:00 AM Jill   MPR	<b>Defend 45™</b> 8:00 - 8:45 AM Liz   MPR
<b>Balance &amp; Flex™</b> 8:00-9:00 AM Jill   MPR	<b>Defend™</b> 7:45-8:45 AM Liz   MPR	<b>Low Impact</b> 8:00-8:45 AM Jill   MPR	<b>HIIT</b> 8:00-8:45 AM Ellen   MPR	<b>Balance &amp; Flex™</b> 9:00- 10:00 AM Jill   FS	<b>Spin</b> 8:00 -9:00 AM Pete   FS	<b>Yoga</b> 9:00 -10:00 AM Ann   MPR
<b>Pilates/Barre Fusion</b> 9:00-9:45 AM Carrie   FS	<b>Pilates</b> 9:00-9:45 AM Jill   MPR	<b>Strength Train™</b> 9:00-10:00 AM Jill   MPR	<b>Yoga</b> 9:00-10:00 AM Jill   MPR	<b>Strength Train™</b> 9:15-10:15 AM Lisa   MPR	<b>Groove™</b> 9:15 -10:15 AM Jill   MPR	
<b>Strength Train™</b> 9:15-10:15 AM Lisa   MPR	<b>Aqua Dynamix</b> 10:00-10:45 AM Mary   POOL	<b>Yoga</b> 9:00 -10:00 AM Heather   FS (No class on 7/3)	<b>Defend™</b> 9:00-10:00 AM Liz   FS	<b>Stretch &amp; Balance Express</b> 10:30-11:00 AM Jill   MPR	<b>Strength Train™</b> 10:15-11:00 AM Lisa   FS	
<b>Ab Blast</b> 10:30 - 11:00 AM Jill   MPR	<b>Yoga Fusion TRX</b> 10:00-11:00 AM Jill   MPR	<b>Aqua Dynamix</b> 10:00-10:45 AM Mary   POOL	<b>Aqua Dynamix</b> 10:00-10:45 AM Mary   POOL	<b>Senior Dance</b> 11:15-12:00 PM Jill   MPR		
<b>Senior Stretch</b> 11:15-12:00 PM Jill   Gym	<b>Senior Dance</b> 11:15-12:00 PM Jill   MPR	<b>Chair Yoga</b> 11:15-12:00 PM Liz   MPR	<b>Tabata</b> 10:15-11:00 AM Jill   MPR		<u>Deer Path Group Exercise Schedule</u> <u>Group exercise classes are included in your membership.</u>	
			<b>Senior Strength</b> 11:15-12:00 PM Jill   MPR			
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Active™</b> 4:15-5:15 PM Denise   MPR	<b>Total Body</b> 5:30-6:30 PM Karlyn   FS	<b>Active™</b> 4:15-5:15 PM Denise   MPR	<b>Yoga</b> 6:45-7:45 PM Jill   MPR			
<b>Strength Train 45™</b> 5:30 -6:15 PM Denise   MPR		<b>Strength Train™</b> 5:30 -6:30 PM Denise   MPR				
<b>Groove™</b> 6:30 - 7:30 PM Jill   MPR		<b>NEW! Spin</b> 6:00-6:45 PM Karlyn   FS			<u>Deer Path Stay &amp; 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	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
Please check <a href="http://ymcabhc.org">ymcabhc.org</a> 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 6/27/24