



UPPER BUCKS YMCA GROUP FITNESS SCHEDULE FOR SUMMER BREAK AUGUST 13 - SEPTEMBER 3*

SUNDAY, Aug 13, 2017

9:30am INSANITY
10:30am PIYO

MONDAY Aug 14, 2017

6:00am KETTLEBELL
8:15am A STEP ABOVE
9:15am PILATES
9:30am PLAYGROUND BOOTCAMP
10:30am SILVERSNEAKERS CLASSIC
10:45am KETTLEBELL AMPED EXPRESS
11:30am SILVERSNEAKERS CLASSIC
12:00pm BODYPUMP
5:30pm BODYCOMBAT
6:30pm LEBARRE

TUESDAY Aug 15, 2017

5:45am INSANITY
9:30am BODYCOMBAT
10:30am BODYPUMP
11:30am KETTLEBELL ABS
11:45am ZUMBA GOLD
6:30pm BODYPUMP

WEDNESDAY Aug 16, 2017

8:15am A STEP ABOVE
9:15am BODYFLOW
10:30am SILVERSNEAKERS CLASSIC
11:30am SILVERSNEAKERS CLASSIC
5:30pm BODYPUMP

THURSDAY Aug 17, 2017

7:00am BODYPUMP
9:00am BODYFLOW
10:05am BODYPUMP
11:30am BODYCOMBAT
11:30am YOGA
5:30pm ZUMBA
6:30pm INSANITY

FRIDAY Aug 18, 2017

5:45am P90X
9:00am INSTRUCTOR'S CHOICE
10:30am CHAIR YOGA
11:30am SILVERSNEAKERS CIRCUIT
11:30am KETTLEBELL HIIT
6:00pm INSANITY

SATURDAY, Aug 19, 2017

8:30am YOGA
SUNDAY, Aug 20, 2017
9:30am INSANITY

MONDAY Aug 21, 2017

6:00am KETTLEBELL
9:15am PILATES
9:30am GROUP CYCLING
10:30am SILVERSNEAKERS CLASSIC
11:30am SILVERSNEAKERS CLASSIC
1:30am BODYFLOW
4:30pm INSANITY LIVE
5:30pm BODYCOMBAT
6:15pm GROUP CYCLING
6:30pm LEBARRE

TUESDAY Aug 22, 2017

5:45am INSANITY
6:00am GROUP CYCLING
9:15am PIYO
9:30am BODYCOMBAT
10:30am BODYPUMP
5:30am TONE AND TIGHTEN
6:30pm BODYPUMP
6:30pm POP PILATES

Please note the building
will be closed
Monday, September 4, 2017
in honor of Labor Day.

* Subject to change without notice

WEDNESDAY

Aug 23, 2017

5:30am GROUP CYCLING
 9:15am BODYFLOW
 9:30am GROUP CYCLING
 10:30am SILVERSNREAKERS CLASSIC
 11:30am SILVERSNREAKERS CLASSIC
 11:45am BODYFLOW
 5:30pm BODYPUMP
 6:45pm FAMILY BODYFLOW

THURSDAY

Aug 24, 2017

7:00am BODYPUMP
 9:00am BODYFLOW
 10:05am BODYPUMP
 11:30am YOGA
 6:30pm INSANITY

FRIDAY

Aug 25, 2017

5:45am P90X
 9:00am INSTRUCTOR'S CHOICE
 10:00am BOOT CAMP
 10:30am CHAIR YOGA
 11:30am SILVERSNREAKERS CIRCUIT
 6:00pm INSANITY
 6:00pm CIZE

SATURDAY, Aug 26, 2017

9:45am BODYPUMP

SUNDAY, Aug 27, 2017

9:30am INSANITY
 10:30am PiYO

**MONDAY**

Aug 28, 2017

6:00am KETTLEBELL
 8:15am A STEP ABOVE
 9:15am PILATES
 10:30am SILVERSNREAKERS CLASSIC
 11:30am SILVERSNREAKERS CLASSIC
 12:00pm BODYPUMP
 1:30pm BODYFLOW
 4:30pm INSANITY LIVE
 5:30pm BODYCOMBAT
 6:15pm GROUP CYCLING
 6:30pm LEBARRE

TUESDAY

Aug 29, 2017

5:45am INSANITY
 6:00am GROUP CYCLING
 9:15am PIYO
 10:30am BODYPUMP
 11:45am ZUMBA GOLD
 5:30pm TONE AND TIGHTEN
 6:30pm BODYPUMP
 6:30pm POP PILATES

WEDNESDAY

Aug 30, 2017

5:30am GROUP CYCLING
 8:15am A STEP ABOVE
 9:15am BODYFLOW
 10:30am ZUMBA MASHUP
 10:30am SILVERSNREAKERS CLASSIC
 11:30am SILVERSNREAKERS CLASSIC
 11:45am BODYPUMP
 11:45am BODYFLOW
 5:30pm BODYPUMP
 6:45pm FAMILY BODYFLOW

THURSDAY

Aug 31, 2017

9:00am BODYFLOW
 10:05am BODYPUMP
 5:30pm ZUMBA
 6:30pm INSANITY

**FRIDAY**

Sept 1, 2017

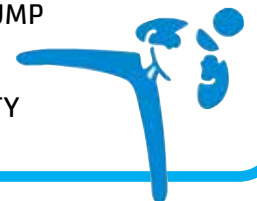
5:45am P90X
 9:00am INSTRUCTOR'S CHOICE
 10:00am BOOT CAMP
 11:30am SILVERSNREAKERS CIRCUIT
 6:00pm INSANITY
 6:00pm CIZE

SATURDAY, Sept 2, 2017

9:45am BODYPUMP

SUNDAY, Sept 3, 2017

9:30am INSANITY
 10:30am PiYO



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 www.ubymca.org

 www.facebook.com/ubymca
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To put Christian principles, including honesty, caring, respect and responsibility, into practice through programs that build healthy spirit, mind and body for all.