

A STEP ABOVE This class is designed for our active seniors that want a little more than what SilverSneakers® provides.

ADULT SWIM CONDITIONING Get a great workout while swimming laps, building endurance and increasing strength.

AQUATICISE Water resistance movements tone muscles, increase coordination and flexibility, improve posture and build endurance.

AQUAZUMBA Physical conditioning through Latin dance moves and water exercise.

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact.

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

BODYPUMP™ The original barbell class that strengthens your entire body.

BUTT & GUT Oh those trouble spots! You will tighten your abs, lift your rear and firm your legs in this muscle conditioning class.

CHAIR YOGA A great way to relax from head to toe without the stress of getting out of your chair!

CIZE® LIVE A professional dance for everyday people! Learn the hottest professionally choreographed dance routines, step-by-step.

DEEP WATER CHALLENGE A fun yet intense no impact full body workout in the water.

FIT N' FUN Gentle total body low-impact water aerobics.

FOUNDATION/ENDURANCE CYCLING 90-minute low-to-moderate intensity rides and gradually increase the duration into spring.

GROUP CYCLING These classes will focus on strengthening the legs while increasing cardiovascular performance.

INSTRUCTOR'S CHOICE non-swimming exercise program designed to promote cardiovascular fitness as well as tone muscles.

INSTRUCTORS CHOICE Tabata; HIIT; Intervals, you name it this class has it!

INSANITY® Live uses max interval training of cardio and plyometric drills with intervals of strength, power, resistance, and core training.

INTO DEEP Class participants use floatation belts to suspend themselves in the water for a great workout without any pressure on sensitive joints.

KETTLEBELL AMPD takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torching fun!

LeBARRE Balance and Agility, Resistance, Working Recovery and Eloquence. Low impact, but still gets that heart pumping!

P90X LIVE® Get ready for a full-body strength and cardio-conditioning workout, featuring four unique blocks of training: Cardio X, Lower Strength, Upper Strength and X Core.

PILATES Improve your flexibility, build strength, develop control and endurance in the whole body.

POP PILATES A total body, equipment-free workout that sculpts a rock solid core and a lean dancer's body like nothing else can.

PIYO® LIVE PiYo is a low-impact, high-intensity body-transformation program.

SILVERSNEAKERS®CLASSIC Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.

SILVERSNEAKERS®CIRCUIT Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.

SILVERSNEAKERS® SPLASH offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance.

NEW! STEP AND WEIGHTS Designed for the active senior, this combo class of cardio and strength involves basic step or floor stepping at a slow tempo with free weights and body weight exercises mixed in.

TONE AND TIGHTEN A workout that's constantly varied using functional fitness movements to get you prepared for everyday challenges.

YOGA A physical, mental and spiritual practice or discipline, that aims to transform body and mind.

WATER WALKING This full-body aerobic workout is low on impact but high on muscle building.

ZUMBA® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

ZUMBA® GOLD is designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically.



GROUP FITNESS CLASS SCHEDULE FALL 1 & 2 2018 SESSIONS

Get to know ...






LES MILLS GRIT™ Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

LES MILLS GRIT™ Plyo is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body. LES MILLS GRIT Plyo takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.

LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

****NOTE: GRIT classes are NOT recommended for pregnant women.**

UPPER BUCKS YMCA
401 Fairview Ave,
Quakertown, PA 18951
215-536-YMCA (9622)
www.ubymca.org

 www.facebook.com/ubymca
 www.twitter.com/ubymca
 www.instagram.com/ubymca

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

Class Starting time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM			Insanity® Live 5:30 - 6:30 Stephanie	BodyPump™ 5:30 - 6:30 Shea		P90X 5:30 - 6:30 Stephanie	
5:30 AM				Group Cycling 5:30 - 6:15 Michael			
6:00 AM		Instructor's Choice 6:00 - 6:45 Kathy	Group Cycling 6:00 - 6:45 Tony		Vinyasa Yoga 6:00 - 7:00 Laura	Vinyasa Yoga 6:00 - 7:00 Laura	
6:15 AM		Kettlebell AMPD 6:15 - 7:00 Shea					
7:30 AM						BODYPUMP™ Express 7:30 - 8:15 Karen	
8:00 AM		Vinyasa Yoga 8:00 - 9:00 Pam		Vinyasa Yoga 8:00 - 9:00 Pam			
8:15 AM		A Step Above 8:15 - 9:00 Sue		A Step Above 8:15 - 9:00 Sue			BODYPUMP™ 8:15 - 9:15 Kristin P
8:30 AM		GRIT™ 8:30 - 9:00 Kristen D				Instructor's Choice 8:30 - 9:25 Karen	Yoga 8:30 - 9:30 Jim
9:00 AM		Instructor's Choice 9:00 - 10:00 Carrie		Instructor's Choice 9:00 - 10:00 Carrie	Pilates 9:00 - 9:55 Pam	Instructor's Choice 9:00 - 10:00 Carrie	
9:00 AM		Into Deep 9:00 - 9:45 Dot	AquaZumba 9:00 - 9:45 Carrie	Into Deep 9:00 - 9:45 Dot	AquaZumba 9:00 - 9:45 Carrie	Into Deep 9:00 - 9:45 Dot	
9:15 AM				SS Classic 9:15 - 10:15 Sue			
9:15 AM		Pilates 9:15 - 10:15 Pam		BodyFlow™ 9:15 - 10:15 Pam			
9:30 AM	Insanity® Live 9:30 - 10:30 Stephanie	Group Cycling 9:30 - 10:30 Kristen D	BodyCombat™ 9:30 - 10:30 Kristen D	Group Cycling 9:30 - 10:30 Kristen D		Group Cycling 9:30 - 10:30 Kristen D	
9:30 AM						GRIT™ 9:30 - 10:00 Megan	
9:45 AM		Deep Water Challenge 9:45 - 10:30 Joe	Water Walking 9:45 - 10:30 Deb	Deep Water Challenge 9:45 - 10:30 Joe	Water Walking 9:45 - 10:30 Deb	Deep Water Challenge 9:45 - 10:30 Beth	BodyPump™ 9:45 - 10:45 Megan
9:45 AM		Fit n' Fun 9:45 - 10:30 Dot		Fit n' Fun 9:45 - 10:30 Dot		Fit n' Fun 9:45 - 10:30 Dot	
10:00 AM			Parkinson's Cycling 10:00 - 11:00 Sue			Core & More 10:00 - 10:30 Megan	
10:05 AM					BodyPump™ 10:05 - 11:05 Megan		
10:30 AM		SS Classic 10:30 - 11:30 Sue	BodyPump™ 10:30 - 11:30 Megan	SS Classic 10:30 - 11:30 Sue			
10:30 AM	PiYo® Live 10:30 - 11:30 Stephanie	Butt & Gut 10:30 - 11:00 Pam				Chair Yoga 10:30 - 11:15 Jim	
10:30 AM		Adult Swim Conditioning 10:30 - 11:30 April			Adult Swim Conditioning 10:30 - 11:30 April		
10:45 AM		Kettlebell AMPD Express—Kristen 10:45 - 11:15					
11:00 AM				GRIT™ 11:00 - 11:30 Kristen D			
11:15 AM					BodyCombat™ 11:15am-12:15pm Kristen D		
11:30 AM	Zumba® 11:30am-12:30pm KarenS/LisaG/Lisa	SS Classic 11:30am - 12:30pm Sue	Core & More 11:30am - 12:00pm Kristen D		SS Splash 11:30am-12:15pm Megan	SS Circuit 11:30am-12:30pm Megan	
11:30 AM					Yoga 11:30am-12:30pm Jim		
11:45 AM			Zumba® Gold 11:45am-12:45pm Madelyn	Step & Weights for Seniors 11:45am-12:45pm Sue			
12:00 PM		BodyPump™ 12:00 - 1:00 Megan		GRIT™ Strength 12:00 - 12:30 Megan			
1:30 PM		BodyFlow 1:30 - 2:30 Megan					
4:00 PM	Ashtanga Yoga 4:00 - 5:00 Rick						
5:30 PM		BODYCOMBAT™ 5:30 - 6:30 Karen	Instructor's Choice 5:30 - 6:15 Megan/Dave	BodyPump™ 5:30 - 6:30 Megan			
5:30 PM				Water Walking 5:30 - 6:15 Diane			
5:45 PM			Family Zumba® 5:45 - 6:30 Madelyn		GRIT™ 5:45 - 6:15 Laura		
6:00 PM						BodyPump™ 6:00 - 7:00 Shea	
6:00 PM						GRIT™ 6:00 - 6:30 Katie	
6:15 PM		Group Cycling 6:15 - 7:15 Stacey					
6:30 PM		LeBarre 6:30 - 7:15 Karen			POP Pilates 6:30 - 7:30 Stephanie		
6:40 PM			GRIT™ 6:40 - 7:10 Katie				
6:45 PM			Family BodyFlow™ 6:45 - 7:45 Kristin P				
7:00 PM		Aquaticise 7:00 - 8:00 Diane	Instructor's Choice 7:00 - 8:00 Gail	AquaZumba 7:00 - 8:00 Mandy	Instructor's Choice 7:00 - 8:00 Gail		
7:30 PM		GRIT 7:30 - 8:00 Laura/Katie					
7:30 PM		Ashtanga Yoga 7:30 - 8:30 Rick					
8:30 PM				Adult Swim Conditioning 8:30 - 9:30 Chris			

Color Key:

- Aux Gym
- Main Gym
- Multipurpose Room (Upstairs)
- Pool
- Studio Y

Please note: Classes subject to change. We recommend you upload our App for last minute changes.