



Upper Bucks YMCA Aux Gym Schedule

Friday, December 21, 2018

5:30 AM	6:30 AM	P90X
7:00 AM	9:00 AM	Recreational Pickleball
9:30 AM	10:00 AM	GRIT
10:00 AM	10:30 AM	Core & More
12:30 PM	3:00 PM	Recreational Pickleball
3:00 PM	4:00 PM	Closed for Cleaning
4:30 PM	5:30 PM	Child Care
6:00 PM	7:00 PM	BodyPump

Saturday, December 22, 2018

8:15 AM	9:15 AM	BodyPump
9:45 AM	10:45 AM	BodyPump
11:00 AM	12:30 PM	Badminton
1:30 PM	2:30 PM	Abilities Soccer

Sunday, December 23, 2018

9:30 AM	10:30 AM	Rise & Grind Fit Camp
10:30 AM	11:30 AM	Power Yoga
11:30 AM	12:30 PM	Zumba
5:00 PM	8:00 PM	Recreational Pickleball

Monday, December 24, 2018

9:45 AM	11:15 AM	BODYPUMP
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Wednesday, December 26, 2018

12:00 PM	12:45 PM	GRIT
1:00 PM	3:00 PM	Recreational Pickleball
3:00 PM	4:00 PM	Closed for Cleaning
4:00 PM	5:00 PM	Child Care
5:15 PM	6:30 PM	BodyPump
6:45 PM	7:45 PM	Family BodyFlow

Thursday, December 27, 2018

7:00 AM	8:30 AM	Recreational Pickleball
9:00 AM	10:00 AM	Pilates
10:00 AM	11:05 AM	BodyPump
11:15 AM	12:15 PM	Body Combat
12:30 PM	2:30 PM	Recreational Pickleball
3:00 PM	4:00 PM	Closed for Cleaning
4:30 PM	5:30 PM	Child Care
5:45 PM	6:15 PM	GRIT
6:30 PM	7:30 PM	Kickboxing
7:45 PM	10:00 PM	Recreational Pickleball

Friday, December 28, 2018

5:30 AM	6:30 AM	Rise & Grind Fit Camp
7:00 AM	9:00 AM	Recreational Pickleball
9:30 AM	10:00 AM	GRIT
10:00 AM	11:00 AM	BodyFlow
12:30 PM	3:00 PM	Recreational Pickleball
3:00 PM	4:00 PM	Closed for Cleaning
4:30 PM	5:30 PM	Child Care
6:00 PM	7:00 PM	BodyPump

Saturday, December 29, 2018

8:15 AM	9:15 AM	BodyPump
9:45 AM	10:45 AM	BodyPump
11:00 AM	12:00 PM	Masala Bhangra
2:00 PM	7:30 PM	Abilities Holiday Party

Sunday, December 30, 2018

8:30 AM	9:30 AM	PiYo
9:30 AM	10:30 AM	Insanity
11:30 AM	12:30 PM	Zumba
5:00 PM	8:00 PM	Recreational Pickleball

Monday, December 31, 2018

6:15 AM	7:00 AM	Kettlebell
10:45 AM	11:30 AM	Fit Camp
12:00 PM	1:30 PM	Zumba Mashup
4:00 PM	5:00 PM	Child Care

Tuesday, January 01, 2019

10:30 AM	11:30 AM	BodyPump
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Wednesday, January 02, 2019

5:30 AM	6:30 AM	BodyPump
11:00 AM	11:30 AM	GRIT
12:00 PM	12:45 PM	GRIT
1:00 PM	3:00 PM	Recreational Pickleball
3:00 PM	4:00 PM	Closed for Cleaning
4:00 PM	5:00 PM	Child Care
5:15 PM	6:30 PM	BodyPump
6:45 PM	7:45 PM	Family BodyFlow

Thursday, January 03, 2019

5:30 AM	6:30 AM	Rise and Grind Fit Camp
7:00 AM	8:30 AM	Recreational Pickleball
9:00 AM	10:00 AM	Pilates
10:00 AM	11:05 AM	BodyPump
11:15 AM	12:15 PM	Body Combat
12:30 PM	2:30 PM	Recreational Pickleball
3:00 PM	4:00 PM	Closed for Cleaning
4:30 PM	5:30 PM	Child Care
5:45 PM	6:15 PM	GRIT
6:30 PM	7:30 PM	Kickboxing
7:45 PM	10:00 PM	Recreational Pickleball

Friday, January 04, 2019

7:00 AM	9:00 AM	Recreational Pickleball
9:30 AM	10:00 AM	GRIT
10:00 AM	11:00 AM	BodyFlow
12:30 PM	3:00 PM	Recreational Pickleball
3:00 PM	4:00 PM	Closed for Cleaning
4:30 PM	5:30 PM	Child Care
6:00 PM	7:00 PM	BodyPump

Saturday, January 05, 2019

8:15 AM	9:15 AM	BodyPump
9:45 AM	10:45 AM	BodyPump
11:00 AM	12:30 PM	Badminton
12:30 PM	3:00 PM	Trainer Party
3:00 PM	12:00 AM	Lock In

Sunday, January 06, 2019

12:00 AM	6:00 AM	Lock In
8:30 AM	9:30 AM	PiYo
9:30 AM	10:30 AM	Insanity
11:30 AM	12:30 PM	Zumba
5:00 PM	8:00 PM	Recreational Pickleball

Monday, January 07, 2019

6:15 AM	7:00 AM	Kettlebell
8:15 AM	9:00 AM	A Step Above
9:15 AM	10:15 AM	Pilates
10:30 AM	11:15 AM	Fit Camp
11:45 AM	1:15 PM	BODYPUMP
1:30 PM	4:00 PM	Pickleball
4:00 PM	5:00 PM	Child Care
5:30 PM	6:30 PM	BodyCombat
6:30 PM	7:15 PM	LeBARRE
7:30 PM	8:00 PM	GRIT

Tuesday, January 08, 2019

5:30 AM	6:30 AM	Insanity
7:00 AM	9:00 AM	Recreational Pickleball
10:15 AM	11:30 AM	BodyPump
11:45 AM	12:45 PM	Zumba Gold
3:00 PM	4:00 PM	Closed for Cleaning
4:00 PM	5:00 PM	Child Care
5:30 PM	6:15 PM	Instructor's Choice
6:30 PM	7:00 PM	GRIT
7:45 PM	10:00 PM	Pickleball

Wednesday, January 09, 2019

5:30 AM	6:30 AM	BodyPump
8:15 AM	9:00 AM	A Step Above
9:15 AM	10:15 AM	Step and Weights
11:00 AM	11:30 AM	GRIT
12:00 PM	12:45 PM	GRIT
1:00 PM	3:00 PM	Recreational Pickleball
3:00 PM	4:00 PM	Closed for Cleaning
4:00 PM	5:00 PM	Child Care
5:15 PM	6:30 PM	BodyPump
6:45 PM	7:45 PM	Family BodyFlow

Thursday, January 10, 2019

5:30 AM	6:30 AM	Rise and Grind Fit Camp
7:00 AM	8:30 AM	Recreational Pickleball
9:00 AM	10:00 AM	Pilates
10:00 AM	11:05 AM	BodyPump
11:15 AM	12:15 PM	Body Combat
12:30 PM	2:30 PM	Recreational Pickleball
3:00 PM	4:00 PM	Closed for Cleaning
4:30 PM	5:30 PM	Child Care
5:45 PM	6:15 PM	GRIT
6:30 PM	7:30 PM	Kickboxing
7:45 PM	10:00 PM	Recreational Pickleball

Friday, January 11, 2019

7:00 AM	9:00 AM	Recreational Pickleball
9:30 AM	10:00 AM	GRIT
10:00 AM	11:00 AM	BodyFlow
12:30 PM	3:00 PM	Recreational Pickleball
3:00 PM	4:00 PM	Closed for Cleaning
4:30 PM	5:30 PM	Child Care
6:00 PM	7:00 PM	BodyPump

Saturday, January 12, 2019

8:15 AM	9:15 AM	BodyPump
9:45 AM	10:45 AM	BodyPump
11:00 AM	12:30 PM	Badminton
1:30 PM	2:30 PM	Abilities Sports Sampler
3:00 PM	5:30 PM	Menzak Party

Sunday, January 13, 2019

8:30 AM	9:30 AM	PiYo
9:30 AM	10:30 AM	Insanity
11:30 AM	12:30 PM	Zumba
12:30 PM	2:30 PM	Nerf Club
5:00 PM	8:00 PM	Recreational Pickleball

Non-scheduled times are available for member use.
Schedule is subject to change.