



Upper Bucks YMCA Gym Schedule

Friday, December 21, 2018

8:30 AM	9:45 AM	Instructor's Choice
10:30 AM	11:15 AM	Chair Yoga
11:30 AM	12:30 PM	SilverSneakers Circuit
2:30 PM	3:15 PM	Sports Sampler
3:00 PM	5:00 PM	Teen Fusion
5:15 PM	6:00 PM	Flag Football
6:00 PM	7:30 PM	Dodgeball
7:30 PM	10:30 PM	Volleyball Rental

Saturday, December 22, 2018

9:00 AM	10:00 AM	Soccer
10:00 AM	12:30 PM	Floor Hockey
1:00 PM	2:00 PM	Swann Party
5:00 PM	8:00 PM	Volleyball Rental

Sunday, December 23, 2018

9:00 AM	12:00 PM	Volleyball Rental
12:30 PM	2:30 PM	Nerf Club
6:00 PM	7:30 PM	QSC Rental

Wednesday, December 26, 2018

12:30 PM	1:30 PM	Christmas Cardio Sculpt
2:15 PM	3:00 PM	ChildCare Gym Class
8:30 PM	10:00 PM	Pick Up Basketball

Thursday, December 27, 2018

7:00 AM	8:45 AM	Recreational Pickleball
8:00 PM	10:00 PM	Adult Pickup Basketball

Friday, December 28, 2018

7:30 AM	8:15 AM	BodyPump Express
8:30 AM	9:45 AM	Instructor's Choice
10:30 AM	11:15 AM	Chair Yoga
11:30 AM	12:30 PM	SilverSneakers Circuit

Saturday, December 29, 2018

5:00 PM	8:00 PM	Volleyball Rental
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Sunday, December 30, 2018

9:00 AM	12:00 PM	Volleyball Rental
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Monday, December 31, 2018

7:30 AM	8:00 AM	Child Care Gym Time
8:30 AM	9:00 AM	GRIT

Wednesday, January 02, 2019

9:30 AM	10:15 AM	Soccer
10:30 AM	11:30 AM	SilverSneakers Classic
2:15 PM	3:00 PM	ChildCare Gym Class
3:00 PM	5:00 PM	Teen Fusion
5:15 PM	6:00 PM	Mini Lacrosse
8:30 PM	10:00 PM	PickUp Basketball

Thursday, January 03, 2019

7:00 AM	8:45 AM	Recreational Pickleball
9:30 AM	10:30 AM	Sports Sampler
3:00 PM	5:00 PM	Teen Fusion
8:00 PM	10:00 PM	Adult Pickup Basketball

Friday, January 04, 2019

7:30 AM	8:15 AM	BodyPump Express
8:30 AM	9:45 AM	Instructor's Choice
10:30 AM	11:15 AM	Chair Yoga
11:30 AM	12:30 PM	SilverSneakers Circuit
3:00 PM	5:00 PM	Teen Fusion
5:15 PM	6:00 PM	Flag Football
6:00 PM	7:30 PM	Dodgeball
7:30 PM	10:30 PM	Volleyball Rental

Saturday, January 05, 2019

9:00 AM	10:00 AM	Soccer
10:00 AM	12:30 PM	Floor Hockey
1:00 PM	2:00 PM	Trainer Party
5:00 PM	8:00 PM	Volleyball Rental

Sunday, January 06, 2019

9:00 AM	12:00 PM	Volleyball Rental
12:30 PM	2:30 PM	Nerf Club
4:00 PM	5:00 PM	SLS Soccer Rental
6:00 PM	7:00 PM	QSC Rental

Monday, January 07, 2019

7:30 AM	8:00 AM	Child Care Gym Time
8:30 AM	9:00 AM	GRIT
9:30 AM	10:30 AM	Sports Sampler
10:30 AM	11:30 AM	SilverSneakers
11:45 AM	12:45 PM	SilverSneakers
3:00 PM	5:00 PM	Teen Fusion
5:30 PM	6:15 PM	Sports Sampler
6:15 PM	7:15 PM	SAQ Class
7:30 PM	8:15 PM	Baseball Clinic
8:30 PM	10:00 PM	Pick Up Volleyball

Tuesday, January 08, 2019

7:00 AM	9:00 AM	Recreational Pickleball
9:30 AM	10:30 AM	BodyCombat
10:30 AM	11:30 AM	ChildCare
3:00 PM	5:00 PM	Teen Fusion
5:30 PM	6:15 PM	Family Zumba
6:45 PM	7:45 PM	Abilities Basketball
8:00 PM	10:00 PM	Pick-Up Basketball

Wednesday, January 09, 2019

7:30 AM	8:00 AM	Child Care Gym Time
9:30 AM	10:15 AM	Soccer
10:30 AM	11:30 AM	SilverSneakers Classic
11:45 AM	12:45 PM	SilverSneakers Classic
2:15 PM	3:00 PM	ChildCare Gym Class
3:00 PM	5:00 PM	Teen Fusion
5:15 PM	6:00 PM	Mini Lacrosse
6:15 PM	7:15 PM	Intramural Basketball League
7:20 PM	8:05 PM	Indoor Running Club
8:30 PM	10:00 PM	PickUp Basketball

Thursday, January 10, 2019

7:00 AM	8:45 AM	Recreational Pickleball
9:30 AM	10:30 AM	Sports Sampler
3:00 PM	5:00 PM	Teen Fusion
5:30 PM	6:30 PM	Basketball Class
6:40 PM	7:40 PM	PA Basketball Shooting Academy
8:00 PM	10:00 PM	Adult Pickup Basketball

Friday, January 11, 2019

8:30 AM	9:45 AM	Instructor's Choice
10:30 AM	11:15 AM	Chair Yoga
11:30 AM	12:30 PM	SilverSneakers Circuit
2:30 PM	3:15 PM	Sports Sampler
3:00 PM	5:00 PM	Teen Fusion
5:15 PM	6:00 PM	Flag Football
6:00 PM	7:30 PM	Dodgeball
7:30 PM	10:30 PM	Volleyball Rental

Saturday, January 12, 2019

9:00 AM	10:00 AM	Soccer
10:00 AM	12:30 PM	Floor Hockey
5:00 PM	8:00 PM	Volleyball Rental

Sunday, January 13, 2019

9:00 AM	12:00 PM	Volleyball Rental
12:00 PM	4:00 PM	Winterfest Activities
4:00 PM	5:00 PM	SLS Soccer Rental
6:00 PM	7:00 PM	QSC Rental

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