

**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.

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

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

**FIT CAMP** Boot Camp style workout.

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

**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.

**WELLNESS INSTRUCTOR'S 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 30 minutes of calorie-torching fun!

**KICKBOXING** Mixed Marshal arts HIIT style work out.

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

**LES MILLS GRIT™** Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn.

**LES MILLS GRIT™** Plyo is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete.

**LES MILLS GRIT™** Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle.

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

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

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

**RISE & GRIND FIT CAMP** Tabata; HIIT; Intervals, you name it this class has it! Each week is different but one thing is for sure, you will work your entire body at your fitness level.

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

**ASHTANGA YOGA** A dynamic, physically demanding practice synchronizes breath and movement to purify the body.

**POWER YOGA** This is a heart-pumping Vinyasa power flow yoga practice that will take you through a series of flowing poses to increase your flexibility and energize your mind and body. May use kettlebells and resistances bands.

**VINYASA YOGA** Stringing postures together so that you move from one to another, seamlessly, using breath.

**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.



## GROUP FITNESS CLASS SCHEDULE WINTER 2019 SESSION



### Get to know ...

## our senior classes\*

#### A STEP ABOVE

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

#### PARKINSON'S CYCLING PROGRAM

Cycling has been shown to provide some symptomatic relief for people diagnosed with Parkinson's Disease, along with increasing overall cardiovascular fitness. These classes also provide a caring, social setting with others diagnosed with this disease. Please see a program flyer for more details.

#### 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.

#### 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.

#### 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.

\* PLEASE NOTE: These classes are open to all ages not just for our seniors.

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	Rise&Grind Fit Camp 5:30 - 6:30 Stephanie		
5:30 AM				Power Yoga 5:30 - 6:30 Steph B			
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	PIYo@ Live 8:30-9:30 Stephanie	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				Step & Weights 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 - 10:20 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		Parkinson's Cycling 10:00 - 11:00 Sue	BodyFlow™ 10:00 - 11:00 Megan	
10:05 AM					BodyPump™ 10:05 - 11:05 Megan		
10:30 AM		SS Classic 10:30 - 11:30 Sue		SS Classic 10:30 - 11:30 Sue			
10:30 AM		Adult Swim Conditioning 10:30 - 11:30	BodyPump™ 10:30 - 11:30 Megan		Adult Swim Conditioning 10:30 - 11:30	Chair Yoga 10:30 - 11:15 Jim	
10:45 AM		Fit Camp 10:45 - 11:15 Kristen					
11:15 AM							
11:30 AM	Zumba@ 11:30am-12:30pm Karen		Core & More 11:30am - 12:00pm Kristen D	GRIT™ Mix 11:00 - 11:30 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		SS Classic 11:45am - 12:45pm Sue	Zumba@ Gold 11:45am-12:45pm Madelyn	SS Classic 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						
5:00 PM					HIIT Cycling 5:00 - 5:30 Stacey		
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			Zumba 5:30-6:15 Madelyn	Water Walking 5:30 - 6:15 Diane			
5:45 PM					GRIT™ 5:45 - 6:15 Katie		
6:00 PM						BodyPump™ 6:00 - 7:00 Shea	
6:15 PM		Group Cycling 6:15 - 7:15 Stacey					
6:30 PM		LeBarre 6:30 - 7:15 Karen	GRIT™ 6:30 - 7:00 Katie		Kickboxing 6:30 - 7:30 Stephanie		
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		Instructor's Choice 7:00 - 8:00 Gail		
7:30 PM		Ashtanga Yoga 7:30 - 8:30 Rick					
7:30 PM		GRIT 7:30 - 8:00 Katie					
8:30 PM				Adult Swim Conditioning 8:30 - 9:30 Chris			

**Color Key:**

- Gymnastics Center
- 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.