

RIVER CROSSING YMCA | Warminster
Group Exercise Schedule
August 2024

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Interval 8:00-8:45 AM Kate Studio A	20/20/20 8:00-9:00 AM Holly Studio B	Aqua Fit 8:30-9:15 AM Sara Pool	Interval 8:00-8:45 AM Holly Studio A (Heart Rate Training class)	Pilates 8:00-8:45 AM Instructor Rotation Studio A	Barre 8:30-9:15 AM Megan Studio A	Zumba® 9:30-10:15 AM Susan Studio A
SilverSneakers® Splash 9:15-10:00 AM Sue Pool	Core & More 9:00-9:45 AM Maureen Studio A	Pilates/Barre Fusion Express 8:30-9:00 AM Cathy Studio A	Vinyasa Yoga 9:00-9:45 AM Holly Studio A	Aqua Aerobics 8:15-9:00 AM Addie Pool	Zumba® 9:30-10:15 AM Pina Studio	
Chair Yoga 9:30-10:15 AM Cathy Studio A	SilverSneakers® Splash 9:15-10:00 AM Sue Pool	Gentle Yoga 9:15-10:15 AM Cathy Studio A	Aqua Aerobics 9:30-10:15 AM Sue Pool (8/1, 8/8, & 8/15 only)	Strength & Sculpt 9:00-9:45 AM Kate Studio A		
Gentle Yoga 10:30-11:30 AM Cathy Studio A	SilverSneakers® Classic 10:15-11:00 AM Maureen Studio A	Aqua Stretch 9:30-10:15 AM Sara Pool		Aqua Ai Chi 9:15-10:00 AM Addie Pool		
		SilverSneakers® Enerchi 10:30-11:15 AM Kathy Studio A		SilverSneakers® Classic 10:15-11:00 AM Sue Studio A		
				SilverSneakers® Enerchi 11:15-12:00 PM Sue Studio A		

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Express Barre 5:15-5:45 PM Megan Studio A	Kickboxing 4:30-5:15 PM Virtual Studio A	HIIT 5:15-6:00 PM Amy Studio A	Functional Fitness 5:30-6:30 PM Alek Studio A			
Yoga Qi Gong 6:00-7:00 PM Sandy Studio A	Strength & Sculpt 5:30-6:15 PM Natalie Studio A	Aquacise 5:45-6:30 PM Kathy Pool				
Aquacise 6:45-7:30 PM Kathy Pool	Zumba® 6:30-7:15 PM Natalie Studio A	Hatha Yoga 6:15-7:00 PM Sandy Studio A			<p>Warminster Group Exercise Schedule</p> <p>Group exercise classes are included in your membership.</p> <p>Registration required for Aquatic Group Exercise classes through MindBody as space is limited.</p>	
Meditation 7:15-7:45 PM Sandy Studio A		Aqua Tone & Stretch 6:45-7:30 PM Kathy Pool				

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual
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Highlighted items indicate a change in class format or time.

Please check [ymcabucks.org](https://www.ymcabucks.org) for updates and visit us on the Y Wellness 24/7 virtual platform

for our live Virtual Group Exercise classes and hundreds of on-demand video content!

QR Code to schedules



Updated 7/24/24