

RIVER CROSSING YMCA | Warminster
Group Exercise Schedule
September 9th-30th 2024

"We're here for you."

DAYTIME CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NEW! Interval Inferno 8:00-8:45 AM Kate Studio A	NEW! LIIT 8:00-8:45 AM Holly Studio B	Aqua Fit 8:30-9:15 AM Sara Pool	NEW! Interval Inferno 8:00-8:45 AM Holly Studio A (Heart Rate Training class)	NEW! Plyability 8:00-8:45 AM Holly 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	
Coming Soon! Power Zone 9:00-9:45 AM Synergy	SilverSneakers® Splash 9:15-10:00 AM Sue Pool	Coming Soon! Power Zone 9:00-9:45 AM Synergy	Coming Soon! Aqua Tabata 9:30-10:15 AM Pool	EW! Pure Strength 9:00-9:45 AM Kate Studio A		
Chair Yoga 9:30-10:15 AM Cathy Studio A	SilverSneakers® Classic 10:15-11:00 AM Maureen Studio A	Gentle Yoga 9:15-10:15 AM Cathy Studio A		Aqua Ai Chi 9:15-10:00 AM Addie Pool low		
Gentle Yoga 10:30-11:30 AM Cathy Studio A		Aqua Tone & Stretch 9:30-10:15 AM Sara Pool		SilverSneakers® Classic 10:15-11:00 AM Sue Studio A		
		SilverSneakers® Enerchi 10:30-11:15 AM Kathy 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	Coming Soon! Power Zone 4:30-5:15 PM Synergy	NEW! HIIT Revolution 5:15-6:00 PM Amy Studio A	Circuit 5:15-6:15 PM Aleks Studio A (new class time)		<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> <p>Metro Esports Gaming Lounge Hours:</p> <p>Monday, Wednesday & Friday 3:00-7:00PM Tuesday & Thursday 5:00-7:00PM Saturday & Sunday 2:00-5:00PM</p>	
Yoga Qi Gong 6:00-7:00 PM Sandy Studio A	NEW! Pure Strength 5:30-6:15 PM Amy Studio A	Aquacise 5:45-6:30 PM Kathy Pool				
Aquacise 6:45-7:30 PM Kathy Pool	Zumba® 6:30-7:15 PM Pina Studio A	Hatha Yoga 6:15-7:00 PM Sandy Studio A				
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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Classes are subject to change.

Please check 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!



Updated 9/5/24

Warminster Group Exercise Class Descriptions

AQUA CLASSES

AQUA AI CHI - Deep breathing, relaxation and slow broad movements inspired by Tai Chi and Qigong. Intended to improve balance, increase strength, decrease pain, and improve body-mind connection.

AQUA AEROBICS - Low impact class designed to increase flexibility, range of motion, balance and posture in shallow and deep water.

AQUA FIT - Use the resistance of water to improve strength, flexibility and cardiovascular endurance.

AQUA TABATA - Fast-paced class that will get your heart pumping using a series of 4 minute exercise sequences alternating between short bouts of intensity and rest.

AQUA TONE & STRETCH - Increase muscle definition, burn calories, and improve flexibility. Leave feeling refreshed, stretched and energized.

SILVER SNEAKERS® SPLASH - Splash offers fun, shallow water moves to improve flexibility and cardio endurance. No swimming ability required. Special kickboard is used to develop strength, balance and coordination.

LAND CLASSES

BARRE - Uses high repetition movements and weighted isometric contractions set to music to tone and sculpt your body.

CHAIR YOGA - A gentle style of yoga that is practiced in a chair or standing using the chair for support. Great for everyone, as it deepens flexibility, strengthens personal body awareness, and incorporates yoga breathing exercises.

CIRCUIT - Ignite your energy with this fast paced circuit class! A high intensity full body workout using various equipment rotating through a series of exercises that target different muscle groups. Combines cardiovascular endurance, strength training and flexibility into one dynamic session. Designed for all fitness levels.

CORE & MORE - Strengthen your abs, back, glutes and more in this workout.

GENTLE YOGA - Restful, calming class includes breathing, gentle flowing movement, passive and supported poses. A perfect beginning yoga class that is also appropriate for those working with injury, limited mobility, or who prefer a softer, gentler approach to yoga.

HATHA YOGA - Focuses on a variety of traditional yoga poses, standing and seated. Increase strength, flexibility and posture.

HIIT REVOLUTION - Exhilarating high intensity interval training class designed to push your limits and transform your body. Combines innovative techniques to deliver a heart pounding, results driven experience!

INTERVAL INFERNO - Strength and cardio intervals with various equipment. Designed to improve strength and cardio endurance.

LIIT - Less intense than a HIIT workout but still provides all the benefits. Build endurance and strengthens the body with low impact interval sequences combined with body weight training exercises.

MEDITATION - Meditation on the focus of breath awareness and body sensations to establish practice within the first foundation of Mindfulness

PILATES/BARRE FUSION - This class is a great mix of Pilates mat movements mixed with upbeat and intense Barre inspired movements. If you love both Pilates and Barre then this class is a great choice!

PURE STRENGTH - Emphasis on heavy lifting to build muscle through more isolated movements. A full body workout that superset muscle groups resulting in pure power.

SILVERSNEAKERS® CLASSIC - Strengthens muscles and increases range of movement for daily life activities. Uses hand-held weights, elastic tubing with handles and a SilverSneakers® ball. Often a chair is used for seated exercises or standing support.

SILVERSNEAKERS® ENERCHI - SilverSneakers EnerChi combines easy to learn tai chi forms and qigong exercises to improve well-being through mindful movement. While learning and practicing forms, attention is given to transferring weight smoothly, maintaining postural control and focused breathing techniques.

VINYASA YOGA - Synchronize the breath with a progressive series of postures produces internal heat and a purifying sweat that detoxifies. Improve your circulation, flexibility, strength, and calm your mind. More challenging practice form and alignment emphasized.

ZUMBA® - A calorie-torching, heart racing, muscle pumping fitness dance party set to energizing music. No rhythm needed!