

**RIVER CROSSING YMCA | Warminster**  
**Group Exercise Schedule**  
**October 2024**

"We're here for you."

| DAYTIME CLASSES  |  |   |  |   |   |  |
|--|--|---|--|---|---|--|
| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY   |
| <b>Interval Inferno</b><br>8:00-8:45 AM<br>Kate   Studio A   | <b>LIIT</b><br>8:00-8:45 AM<br>Holly   Studio B  | <b>Aqua Fit</b><br>8:30-9:15 AM<br>Sara   Pool                          | <b>Interval Inferno</b><br>8:00-8:45 AM<br>Holly   Studio A<br>(Heart Rate Training class) | <b>Plyability</b><br>8:00-8:45 AM<br>Holly   Studio A   | <b>Barre</b><br>8:30-9:15 AM<br>Megan   Studio A  | <b>Zumba®</b><br>9:30-10:15 AM<br>Susan   Studio A               |
| <b>SilverSneakers® Splash</b><br>9:15-10:00 AM<br>Sue   Pool | <b>Core &amp; More</b><br>9:00-9:45 AM<br>Maureen   Studio A                               | <b>Pilates/Barre Fusion Express</b><br>8:30-9:00 AM<br>Cathy   Studio A | <b>Vinyasa Yoga</b><br>9:00-9:45 AM<br>Holly   Studio A                                    | <b>Aqua Aerobics</b><br>8:15-9:00 AM<br>Addie   Pool    | <b>Zumba®</b><br>9:30-10:15 AM<br>Pina   Studio A<br>(Workout For Pink 9:30-11am 10/19) | <b>Coming Soon! Vinyasa Yoga</b><br>10:30-11:15 AM<br>  Studio A |
| <b>Coming Soon! Power Zone</b><br>9:00-9:45 AM<br>  Synergy  | <b>SilverSneakers® Splash</b><br>9:15-10:00 AM<br>Sue   Pool                               | <b>Coming Soon! Power Zone</b><br>9:00-9:45 AM<br>  Synergy             | <b>NEW! Aqua Tabata</b><br>9:30-10:15 AM<br>Beth   Pool                                    | <b>Pure Strength</b><br>9:00-9:45 AM<br>Kate   Studio A |   |  |
| <b>Chair Yoga</b><br>9:30-10:15 AM<br>Cathy   Studio A       | <b>SilverSneakers® Classic</b><br>10:00-10:45 AM<br>Maureen   Studio A<br>(new start time) | <b>Gentle Yoga</b><br>9:15-10:15 AM<br>Cathy   Studio A                 | <b>SilverSneakers® Classic</b><br>10:15-11:00 AM<br>Sue   Studio A<br>(new day)            | <b>Aqua Ai Chi</b><br>9:15-10:00 AM<br>Addie   Pool low |   |  |
| <b>Gentle Yoga</b><br>10:30-11:30 AM<br>Cathy   Studio A     | <b>NEW! SilverSneakers® Classic</b><br>11:00-11:45 AM<br>Maureen   Studio A                | <b>Aqua Tone &amp; Stretch</b><br>9:30-10:15 AM<br>Sara   Pool          | <b>SilverSneakers® Enerchi</b><br>11:15-12:00 PM<br>Sue   Studio A<br>(new day)            |   |   |  |
|  |  | <b>SilverSneakers® Enerchi</b><br>10:30-11:15 AM<br>Kathy   Studio A    |  |   |   |  |

| EVENING CLASSES  |   |  |  |        |  |        |
|--|---|--|--|--------|--|--------|
| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY | SATURDAY   | SUNDAY |
| <b>Express Barre</b><br>5:15-5:45 PM<br>Megan   Studio A | <b>Coming Soon! Power Zone</b><br>4:30-5:15 PM<br>  Synergy | <b>HIIT Revolution</b><br>5:15-6:00 PM<br>Amy   Studio A       | <b>Circuit</b><br>5:15-6:00 PM<br>Instructor Rotation<br> Studio A |        | <b>Warminster Group Exercise Schedule</b><br><br>Group exercise classes are included in your membership.<br><br>Registration required for Aquatic Group Exercise classes through MindBody as space is limited.<br><br><b>Metro Esports Gaming Lounge Hours:</b><br>Monday, Wednesday & Friday 3:00-7:00PM<br>Tuesday & Thursday 5:00-7:00PM<br>Saturday & Sunday 2:00-5:00PM |        |
| <b>Yoga Qi Gong</b><br>6:00-7:00 PM<br>Sandy   Studio A  | <b>Pure Strength</b><br>5:30-6:15 PM<br>Amy   Studio A      | <b>Aquacise</b><br>5:45-6:30 PM<br>Kathy   Pool                |  |        |  |        |
| <b>Aquacise</b><br>6:45-7:30 PM<br>Kathy   Pool          | <b>Zumba®</b><br>6:30-7:15 PM<br>Pina   Studio A            | <b>Hatha Yoga</b><br>6:15-7:00 PM<br>Sandy   Studio A          |  |        |  |        |
| <b>Meditation</b><br>7:15-7:45 PM<br>Sandy   Studio A    |   | <b>Aqua Tone &amp; Stretch</b><br>6:45-7:30 PM<br>Kathy   Pool |  |        |  |        |

|                  |                   |       |           |          |                |         |
|------------------|-------------------|-------|-----------|----------|----------------|---------|
| Cardio/Endurance | Strength/Bodywork | Dance | Mind/Body | Aquatics | Senior/Adapted | Virtual |
|------------------|-------------------|-------|-----------|----------|----------------|---------|

Classes are subject to change.  
 Please check [ymcabucks.org](http://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 10/2/24

## 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!