

RIVER CROSSING YMCA | Warminster
Group Exercise Schedule
November 2024

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Interval Inferno 8:00-8:45 AM Kate Studio A	LIIT 8:00-8:45 AM Holly Studio B	Aqua Fit 8:30-9:15 AM Sara Pool	Interval Inferno 8:00-8:45 AM Holly Studio A (Heart Rate Training class)	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! Vinyasa Yoga 10:30-11:15 AM Studio A
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	Aqua Tabata 9:30-10:15 AM Beth Pool	Pure Strength 9:00-9:45 AM Kate Studio A (Turkey Burn Bootcamp 9:30-10:30am with Gina 11/29 only)		
Chair Yoga 9:30-10:15 AM Cathy Studio A	SilverSneakers® Classic 10:00-10:45 AM Maureen Studio A	Gentle Yoga 9:15-10:15 AM Cathy Studio A	SilverSneakers® Classic 10:15-11:00 AM Sue Studio A	Aqua Ai Chi 9:15-10:00 AM Addie Pool low		
Gentle Yoga 10:30-11:30 AM Cathy Studio A	SilverSneakers® Classic 11:00-11:45 AM Maureen Studio A	Aqua Tone & Stretch 9:30-10:15 AM Sara Pool	NEW! Aqua Tabata 12:15-1:00 PM Holly Pool			
		SilverSneakers® Enerchi 10:30-11:15 AM Kathy 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	HIIT Revolution 5:15-6:00 PM Amy Studio A	Circuit 5:15-6:00 PM Kate Studio A		Warminster Group Exercise Schedule Group exercise classes are included in your membership. Registration required for Aquatic Group Exercise classes through MindBody as space is limited. Metro Esports Gaming Lounge Hours: Monday, Wednesday & Friday 3:00-7:00PM Tuesday & Thursday 5:00-7:00PM Saturday & Sunday 2:00-5:00PM	
Yoga Qi Gong 6:00-7:00 PM Sandy Studio A	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 10/28/24