

**RIVER CROSSING YMCA | Warminster**  
**Group Exercise Schedule**  
**December 1st-22nd 2024**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Interval Inferno</b> 8:00-8:45 AM Kate   Studio A	<b>LIIT</b> 8:00-8:45 AM Holly   Studio B	<b>Aqua Fit</b> 8:30-9:15 AM Sara   Pool	<b>Interval Inferno</b> 8:00-8:45 AM Holly   Studio A (Heart Rate Training class)	<b>Plyability</b> 8:00-8:45 AM Holly   Studio A	<b>Barre</b> 8:30-9:15 AM Megan   Studio A	<b>Zumba®</b> 9:30-10:15 AM Susan   Studio A
<b>SilverSneakers® Splash</b> 9:15-10:00 AM Sue   Pool	<b>Core &amp; More</b> 9:00-9:45 AM Maureen   Studio A	<b>Pilates/Barre Fusion Express</b> 8:30-9:00 AM Cathy   Studio A	<b>Vinyasa Yoga</b> 9:00-9:45 AM Holly   Studio A	<b>Aqua Aerobics</b> 8:15-9:00 AM Addie   Pool	<b>Zumba®</b> 9:30-10:15 AM Pina   Studio	<b>Coming Soon! Vinyasa Yoga</b> 10:30-11:15 AM   Studio A
<b>NEW! Power Zone</b> 9:00-9:45 AM Gail   Synergy	<b>SilverSneakers® Splash</b> 9:15-10:00 AM Sue   Pool	<b>NEW! Power Zone</b> 9:00-9:45 AM Gail   Synergy	<b>Aqua Tabata</b> 9:30-10:15 AM Beth   Pool	<b>Pure Strength</b> 9:00-9:45 AM Kate   Studio A		
<b>Chair Yoga</b> 9:30-10:15 AM Cathy   Studio A	<b>SilverSneakers® Classic</b> 10:00-10:45 AM Maureen   Studio A	<b>Gentle Yoga</b> 9:15-10:15 AM Cathy   Studio A	<b>SilverSneakers® Classic</b> 10:15-11:00 AM Sue   Studio A	<b>NEW! Aqua Tone &amp; Stretch</b> 9:15-10:00 AM Addie   Pool		
<b>Gentle Yoga</b> 10:30-11:30 AM Cathy   Studio A	<b>SilverSneakers® Classic</b> 11:00-11:45 AM Maureen   Studio A	<b>Aqua Tone &amp; Stretch</b> 9:30-10:15 AM Sara   Pool	<b>Aqua Tabata</b> 12:15-1:00 PM Holly   Pool			
		<b>SilverSneakers® Enerchi</b> 10:30-11:15 AM Kathy   Studio A				

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Express Barre</b> 5:15-5:45 PM Megan   Studio A	<b>Pure Strength</b> 5:30-6:15 PM Instructor Rotation   Studio A	<b>HIIT Revolution</b> 5:15-6:00 PM Amy   Studio A	<b>NEW! Power Zone</b> 5:15-6:00 PM Gail   Synergy		<b>Warminster Group Exercise Schedule</b> Group exercise classes are included in your membership.  Registration required for Aquatic Group Exercise classes through MindBody as space is limited.  <b>Metro Esports Gaming Lounge Hours:</b> Monday, Wednesday & Friday 3:00-7:00PM Tuesday & Thursday 5:00-7:00PM Saturday & Sunday 2:00-5:00PM	
<b>Yoga Qi Gong</b> 6:00-7:00 PM Sandy   Studio A	<b>Zumba®</b> 6:30-7:15 PM Pina   Studio A	<b>Aquacise</b> 5:45-6:30 PM Kathy   Pool				
<b>Aquacise</b> 6:45-7:30 PM Kathy   Pool		<b>Hatha Yoga</b> 6:15-7:00 PM Sandy   Studio A				
<b>Meditation</b> 7:15-7:45 PM Sandy   Studio A		<b>Aqua Tone &amp; Stretch</b> 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](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 11/25/24