

RIVER CROSSING YMCA | Warminster
Group Exercise Schedule
May

"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 Domenica Studio A (Heart Rate Training class)	Aqua Blast 8:15-9:00 AM Addie Pool	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 (5/5 & 5/12) Aquacise with Addie (5/19)	Ab Blast! 9:00-9:30 AM Holly Studio A	Pilates/Barre Fusion Express 8:30-9:00 AM Cathy Studio A	Vinyasa Yoga 9:00-9:45 AM Holly Studio A	Pure Strength 9:00-9:45 AM Kate Studio A	Zumba® 9:30-10:15 AM Pina Studio	
Power Zone 9:00-9:45 AM Gail Synergy	SilverSneakers® Splash 9:15-10:00 AM Sue Pool (5/6 & 5/13) Aquacise with Sara (5/20 & 5/27)	Power Zone 9:00-9:45 AM Gail Synergy	Aqua Tabata 10:00-10:145 AM Holly Pool (new start time)	Plyability 10:00-10:45 AM Holly Studio A		
Chair Yoga 9:30-10:15 AM Cathy Studio A	SilverSneakers® Classic 10:00-10:45 AM JoAnn Studio A	Gentle Yoga 9:15-10:15 AM Cathy Studio A	SilverSneakers® Classic 10:15-11:00 AM Sue Studio A (5/1 & 5/8) Virtual (5/15, 5/22 & 5/29)			
Gentle Yoga 10:30-11:30 AM Cathy Studio A	SilverSneakers® Classic 11:00-11:45 AM JoAnn Studio A	Aquacise 9:30-10:15 AM Sara Pool				
		Tai Chi 10:30-11:15 AM Virtual Studio A				
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Express Barre 5:15-5:45 PM Megan Studio A	Zumba® 6:30-7:15 PM Natalie Studio A	HIIT Revolution 5:15-6:00 PM Amy Studio A	Power Zone 5:15-6:00 PM Gail Synergy		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		Hatha Yoga 6:15-7:00 PM Sandy Studio A	Vinyasa Yoga 6:15-7:00 PM Payton Studio A			
Meditation 7:15-7:45 PM Sandy Studio A						
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

Please check ymcarivercrossing.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 4/25/25