

CLASS SCHEDULE

Group classes designed to reduce stress and enhance mental well-being available at the Warminster branch of River Crossing YMCA .

MONDAY

Chair Yoga with Cathy: 9:30–10:15 AM (Studio A)
Gentle Yoga with Cathy: 10:30–11:30 AM (Studio A)
Yoga Qi Gong with Sandy: 6–7 PM (Studio A)
Meditation with Sandy: 7:15–7:45 PM (Studio A)

WEDNESDAY

Gentle Yoga with Cathy: 9:15–10:15 AM (Studio A)
Silver Sneakers Enerchi with Kathy: 10:30–11:15 AM (Studio A)
Hatha Yoga with Sandy: 6:15–7 PM (Studio A)
Aqua Tone & Stretch with Kathy: 6:45–7:30 PM (Pool)

THURSDAY

Vinyasa Yoga with Holly: 9–9:45 AM (Studio A)
Vinyasa Yoga with Payton: 6:15–7 PM (Studio A)

FRIDAY

Aqua Tone & Stretch with Addie: 9:15–10 AM (Pool)