

RIVER CROSSING YMCA | Warminster
Group Exercise Schedule
July

"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
Aquacise 9:15-10:00 AM Addie Pool	Ab Blast! 9:00-9:30 AM Holly Studio A	Low Impact Movement & Strength 8:15-9:00 AM Kate 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® Classic 10:00-10:45 AM JoAnn Studio A	Power Zone 9:00-9:45 AM Gail Synergy	Aqua Tabata 10:00-10:145 AM Holly Pool	Plyability 10:00-10:45 AM Holly Studio A		
Chair Yoga 9:30-10:15 AM Cathy Studio A	SilverSneakers® Classic 11:00-11:45 AM JoAnn Studio A	Gentle Yoga 9:15-10:15 AM Cathy Studio A	Low Impact Movement & Strength 10:00-10:45 AM JoAnn Studio A			
Gentle Yoga 10:30-11:30 AM Cathy Studio A		Aquacise 9:30-10:15 AM Sara Pool	SilverSneakers® Stability 11:00-11:45 AM JoAnn Studio A			
		Chair Yoga 10:30-11:15 AM Cathy 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.	
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					Metro Esports Gaming Lounge Hours: Monday, Wednesday & Friday 3:00-7:00PM Tuesday & Thursday 5:00-7:00PM Saturday & Sunday 2:00-5:00PM	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual
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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 6/25/25