

**RIVER CROSSING YMCA | Warminster**  
**Group Exercise Schedule**  
**August**

"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 Domenica   Studio A (Heart Rate Training class)	<b>Pure Strength</b> 9:00-9:45 AM Kate   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>Silver Sneakers Splash®</b> 9:15-10:00 AM Sue   Pool (No class 8/18 only)	<b>Ab Blast!</b> 9:00-9:30 AM Holly   Studio A	<b>Low Impact Movement &amp; Strength</b> 8:15-9:00 AM Kate   Studio A	<b>Vinyasa Yoga</b> 9:00-9:45 AM Holly   Studio A	<b>Plyability</b> 10:00-10:45 AM Holly   Studio A	<b>Zumba®</b> 9:30-10:15 AM Pina   Studio	
<b>Chair Yoga</b> 9:30-10:15 AM Cathy   Studio A	<b>SilverSneakers® Classic</b> 10:00-10:45 AM JoAnn   Studio A	<b>Gentle Yoga</b> 9:15-10:15 AM Cathy   Studio A	<b>Aqua Tabata</b> 10:00-10:145 AM Holly   Pool			
<b>Gentle Yoga</b> 10:30-11:30 AM Cathy   Studio A	<b>SilverSneakers® Classic</b> 11:00-11:45 AM JoAnn   Studio A	<b>Aquacise</b> 9:30-10:15 AM Sara   Pool	<b>Low Impact Movement &amp; Strength</b> 10:00-10:45 AM JoAnn   Studio A			
		<b>Chair Yoga</b> 10:30-11:15 AM Cathy   Studio A	<b>SilverSneakers® Stability</b> 11:00-11:45 AM JoAnn   Studio A			
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Yoga Qi Gong</b> 6:00-7:00 PM Sandy   Studio A	<b>Zumba®</b> 6:30-7:15 PM Natalie Studio A	<b>HIIT Revolution</b> 5:15-6:00 PM Amy   Studio A	<b>Power Zone</b> 5:15-6:00 PM Gail  Synergy		<u><b>Warminster Group Exercise Schedule</b></u>  Group exercise classes are included in your membership.  Registration required for Aquatic Group Exercise classes through MindBody as space is limited.	
		<b>Hatha Yoga</b> 6:15-7:00 PM Sandy   Studio A	<b>Vinyasa Yoga</b> 6:15-7:00 PM Payton   Studio A			
					<u><b>Metro Esports Gaming Lounge Hours:</b></u>  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

Please check [ymcarivercrossing.org](http://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 7/24/25