

**YMCA of BUCKS COUNTY | Warminster**  
**Group Exercise Schedule**  
**August Modified Schedule 8/25 - 8/31**

**"We're here for you."**

DAYTIME CLASSES						
Monday 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29	Saturday 8/30	Sunday 8/31
<b>Interval Inferno</b> 8:00-8:45 AM Cathy   Studio A	<b>LIIT</b> 8:00-8:45 AM Cathy   Studio A	<b>Aqua Fit</b> 8:30-9:15 AM Kathy   Pool	<b>Interval Inferno</b> 8:00-8:45 AM Cathy   Studio A	<b>Yoga</b> 9:00-10:00 AM Cathy   Studio A	<b>Zumba®</b> 9:30-10:15 AM Pina   Studio A	<b>Zumba®</b> 9:30-10:15 AM Susan   Studio A
<b>Chair Yoga</b> 9:30-10:15 AM Cathy   Studio A		<b>Gentle Yoga</b> 9:15-10:15 AM Cathy   Studio A	<b>Low Impact Movement &amp; Strength</b> 10:00-10:45 AM Cathy   Studio A			
<b>Gentle Yoga</b> 10:30-11:30 AM Cathy   Studio A		<b>Aquacise</b> 9:30-10:15 AM Kathy   Pool	<b>Silver Sneakers &amp; Stability</b> 11:00-11:45 AM Cathy   Studio A			
		<b>Chair Yoga</b> 10:30-11:15 AM Cathy   Studio A				

EVENING CLASSES						
Monday 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29	Saturday 8/30	Sunday 8/31
<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>Hatha Yoga</b> 6:15-7:00 PM Sandy   Studio A			<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.	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	

Please check [ymcarivercrossing.org/schedules](https://ymcarivercrossing.org/schedules) 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 8/20/25**