

RIVER CROSSING YMCA | Warminster
Group Exercise Schedule
September 8th-30th

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT Revolution 8:15-9:00 AM Kate Studio A	LIIT 8:00-8:45 AM Domenica 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)	Pure Strength 9:00-9:45 AM Kate Studio A	Barre 8:30-9:15 AM Megan Studio A	Zumba® 9:30-10:15 AM Susan Studio A
Silver Sneakers Splash® 9:15-10:00 AM Sue Pool	NEW! Aqua Fit 8:30-9:15 AM Vicky Pool	Total Body Conditioning 8:15-9:00 AM Virtual with Megan Studio A	NEW! Aqua Fit 8:30-9:15 AM Vicky Pool	Plyability 10:00-10:45 AM Holly Studio A	Zumba® 9:30-10:15 AM Pina Studio	
Chair Yoga 9:30-10:15 AM Cathy Studio A	Ab Blast 9:00-9:30 AM Domenica Studio A	Gentle Yoga 9:15-10:15 AM Cathy Studio A	Stronger Leaner Longer 9:00-9:45 AM Domenica Studio A			
Gentle Yoga 10:30-11:30 AM Cathy Studio A	NEW! Aquacise 9:30-10:15 AM Vicky Pool	Aquacise 9:30-10:15 AM Sara Pool	Aqua Tabata 9:30-10:15 AM Vicky Pool			
	SilverSneakers® Classic 10:00-10:45 AM JoAnn Studio A	SilverSneakers® Enerchi 10:30-11:15 AM Kathy Studio A	Low Impact Movement & Strength 10:00-10:45 AM JoAnn Studio A			
	SilverSneakers® Classic 11:00-11:45 AM JoAnn Studio A		SilverSneakers® Stability 11:00-11:45 AM JoAnn Studio A			
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga Qi Gong 6:00-7:00 PM Sandy Studio A	Zumba® 6:30-7:15 PM Pina Studio A	HIIT Revolution 5:15-6:00 PM Amy Studio A	Power Zone 5:15-6:00 PM Gail Synergy		<u>Warminster Group Exercise Schedule</u> Group exercise classes are included in your membership. Registration required for Aquatic Group Exercise classes through MindBody as space is limited.	
Aquacise 6:45-7:30 PM Kathy Pool		Aquacise 5:45-6:30 PM Kathy Pool	Vinyasa Yoga 6:15-7:00 PM Payton Studio A			
		Hatha Yoga 6:15-7:00 PM Sandy Studio A			<u>Metro Esports Gaming Lounge Hours:</u> Monday, Wednesday & Friday 3:00-7:00PM Tuesday & Thursday 5:00-7:00PM Saturday & Sunday 2:00-5:00PM	
		Aquacise 6:45-7:30 PM Kathy Pool				
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 9/8/25