

YMCA of BUCKS COUNTY | Warminster
Group Exercise Schedule
December 2025 Modified Schedule 12/22 - 12/28

"We're here for you."

DAYTIME CLASSES						
Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27	Sunday 12/28
HIIT Revolution 8:15-9:00 AM Gina Studio A	LIIT 8:00-8:45 AM Domenica Studio A	Aqua Fit 8:30-9:15 AM Vicky Pool	Closed	Pure Strength 9:00-9:45 AM Kate Studio A	Zumba® 9:30-10:15 AM Pina Studio	Zumba® 9:30-10:15 AM Susan Studio A
Chair Yoga 9:30-10:15 AM Cathy Studio A	Aqua Fit 8:30-9:15 AM Vicky Pool	Pop Pilates 8:00-8:45 AM Gina Studio A				
Gentle Yoga 10:30-11:30 AM Cathy Studio A	Ab Blast 9:00-9:30 AM Domenica Studio A	Aquacise 9:30-10:15 AM Vicky Pool				
	Aquacise 9:30-10:15 AM Vicky Pool	SilverSneakers® Enerchi 10:30-11:15 AM Kathy Studio A				
	SilverSneakers® Classic 10:00-10:45 AM JoAnn Studio A					
	SilverSneakers® Classic 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	Total Body Conditioning 5:15pm - 6:15pm Virtual Studio A	Closed	Closed		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. Metro Esports Gaming Lounge Hours: Monday, Wednesday & Friday 3:00-7:00PM Tuesday & Thursday 5:00-7:00PM Saturday & Sunday 2:00-5:00PM	
	Zumba® 6:30-7:15 PM Caitie Studio A					
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 12/11/25