

YMCA of BUCKS COUNTY Warminster Group Exercise Schedule December 2025 Modified Schedule 12/29 - 1/4						"We're here for you."	
DAYTIME CLASSES							
Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4	
HIIT Revolution 8:15-9:00 AM Kate Studio A	LIIT 8:00-8:45 AM Domenica Studio A	Aqua Fit 8:30-9:15 AM Vicky Pool		Pure Strength 9:00-9:45 AM Holly Studio A	Zumba® 9:30-10:15 AM Pina Studio	Zumba® 9:30-10:15 AM Susan Studio A	
	Aqua Fit 8:30-9:15 AM Vicky Pool	Pop Pilates 8:00-8:45 AM Gina Studio A		Gentle Yoga 10:00-10:45 AM Holly 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					
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.		
Aquacise 6:45-7:30 PM Kathy Pool	Zumba® 6:30-7:15 PM Caitie 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	
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