

RIVER CROSSING YMCA | Warminster
Group Exercise
March 2026 Schedule

"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 A	Aqua Fit 8:30-9:15 AM Vicky 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 Virtual Studio A	Zumba® 9:30-10:15 AM Susan Studio A
Silver Sneakers Splash® 9:15-10:00 AM Sue Pool	Aqua Fit 8:30-9:15 AM Vicky Pool	Pop Pilates 8:00-8:45 AM Gina Studio A	*NEW FORMAT* Aqua Cardio & Core 8:30-9:15 AM Sara Pool	Gentle Yoga 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	Aquacise 9:30-10:15 AM Vicky Pool	Aquacise 9:30-10:15 AM Vicky Pool	*NEW FORMAT* Aqua HIIT 9:30-10:15 AM Sara 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
Barre 5:00 - 5:45 PM Virtual Studio A	Total Body Conditioning 5:00pm - 5:45pm Virtual Studio A	HIIT Revolution 5:15-6:00 PM Amy Studio A	Power Zone 5:15-6:00 PM Gail Synergy		<p>Warminster Group Exercise Schedule</p> <p>Group exercise classes are included in your membership.</p> <p>Registration required for Aquatic Group Exercise classes through MindBody as space is limited.</p>	
Yoga Qi Gong 6:00-7:00 PM Sandy Studio A	*New Start Time* Zumba® 6:00-6:45 PM Caitie Studio A	Aquacise 5:45-6:30 PM Kathy Pool	Vinyasa Yoga 6:15-7:00 PM Payton Studio A			
Aquacise 6:45-7:30 PM Kathy Pool		Hatha Yoga 6:15-7:00 PM Sandy Studio A				
		Aqua Stretch & Tone 6:45-7:30 PM Kathy Pool			<p>Metro Esports Gaming Lounge Hours:</p> <p>Monday, Wednesday & Friday 3:00-7:00PM Tuesday & Thursday 5:00-7:00PM Saturday & Sunday 2:00-5:00PM</p>	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual
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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 2/20/26