

**RIVER CROSSING YMCA | Warminster**  
**Group Exercise**  
**May 2026 Schedule**

"We're here for you."

**DAYTIME CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HIIT Revolution</b> 8:15-9:00 AM Kate   Studio A	<b>LIIT</b> 8:00-8:45 AM Domenica   Studio A	<b>Pop Pilates</b> 8:00-8:45 AM Gina   Studio A	<b>Interval Inferno</b> 8:00-8:45 AM Domenica   Studio A (Heart Rate Training class)	<b>Pure Strength</b> 9:00-9:45 AM Kate   Studio A	<b>Barre</b> 8:30-9:15 AM Virtual   Studio A	<b>Zumba®</b> 9:30-10:15 AM Susan   Studio A
<b>Silver Sneakers Splash®</b> 9:15-10:00 AM Sharon   Pool	<b>Aqua Fit</b> 8:30-9:15 AM Vicky   Pool	<b>Aqua Fit</b> 8:30-9:15 AM Vicky   Pool	<b>Aqua Cardio &amp; Core</b> 8:30-9:15 AM Sara   Pool	<b>Aqua HIIT</b> 9:00-9:45 AM Heather   Pool	<b>Zumba®</b> 9:30-10:15 AM Pina   Studio	
<b>Chair Yoga</b> 9:30-10:15 AM Cathy   Studio A	<b>Ab Blast</b> 9:00-9:30 AM Domenica   Studio A	<b>Gentle Yoga</b> 9:15-10:15 AM Cathy   Studio A	<b>Stronger Leaner Longer</b> 9:00-9:45 AM Domenica   Studio A	<b>Gentle Yoga</b> 10:00-10:45 AM Holly   Studio A		
<b>Gentle Yoga</b> 10:30-11:30 AM Cathy   Studio A	<b>Aquacise</b> 9:30-10:15 AM Vicky   Pool	<b>Aquacise</b> 9:30-10:15 AM Vicky   Pool	<b>Aqua HIIT</b> 9:30-10:15 AM Sara   Pool			
	<b>SilverSneakers® Classic</b> 10:00-10:45 AM Sharon   Studio A	<b>SilverSneakers® Enerchi</b> 10:30-11:15 AM Kathy   Studio A	<b>Low Impact Aerobics</b> 10:00-10:45 AM Instructor Rotation   Studio A			
	<b>SilverSneakers® Classic</b> 11:00-11:45 AM Sharon   Studio A					

**EVENING CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Barre</b> 5:00 - 5:45 PM Virtual   Studio A	<b>Total Body Conditioning</b> 5:00pm - 5:45pm Virtual   Studio A	<b>HIIT Revolution</b> 5:15-6:00 PM Amy   Studio A	<b>Power Zone</b> 5:15-6:00 PM Gail   Synergy		<p><b>Warminster Group Exercise Schedule</b></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>	
<b>Yoga Qi Gong</b> 6:00-7:00 PM Sandy   Studio A	<b>Zumba®</b> 6:00-6:45 PM Caitie   Studio A	<b>Aquacise</b> 5:45-6:30 PM Kathy   Pool	<b>Vinyasa Yoga</b> 6:15-7:00 PM Payton   Studio A			
<b>Aquacise</b> 6:45-7:30 PM Kathy   Pool		<b>Hatha Yoga</b> 6:15-7:00 PM Sandy   Studio A				
		<b>Aqua Stretch &amp; Tone</b> 6:45-7:30 PM Kathy   Pool			<p><b>Metro Esports Gaming Lounge Hours:</b></p> <p>Monday, Wednesday &amp; Friday 3:00-7:00PM                  Tuesday &amp; Thursday 5:00-7:00PM                  Saturday &amp; 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](http://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 4/28/26