

**YMCA of BUCKS COUNTY | Warminster**  
**Group Exercise Schedule**  
**November 2021**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HIIT</b> 8:00-8:45 AM Kate M.   Studio A	<b>Strength &amp; Sculpt</b> 8:00-8:45 AM Kate M.   Studio A	<b>Total Body Conditioning</b> 8:00-8:45 AM Kate M.   Studio A	<b>Aqua Aerobics</b> 8:00-8:45 AM Beth   Pool	<b>Aqua Aerobics</b> 8:00-8:45 AM Addie   Pool	<b>Zumba®</b> 9:30-10:15 AM Pina   Studio A	
<b>Chair Yoga</b> 9:30-10:15 AM Cathy S.   Studio A	<b>Aqua Aerobics</b> 8:45-9:45 AM Beth   Pool	<b>Gentle Yoga</b> 9:00-10:00 AM Cathy S.   Studio A	<b>Strength &amp; Balance</b> 8:00-8:45 AM Melinda   Studio A	<b>POP Pilates®</b> 8:00-8:45 AM Melinda   Studio A		
<b>Gentle Yoga</b> 10:30-11:30 AM Cathy S.   Studio A	<b>Aqua Zumba®</b> 10:00-10:45 AM Betsy   Pool	<b>Zumba Gold®</b> 10:30-11:15 AM Melinda   Studio A	<b>Gentle Aqua Aerobics</b> 9:00-9:45 AM Beth   Pool	<b>BodyPump™</b> 10:00-10:45 AM Marcia   Studio A		
	<b>SilverSneakers® Classic</b> 10:00-10:45 AM Beth   Studio A		<b>Interval Training</b> 9:15-9:45 AM Marcia   Studio A	<b>Les Mills CORE™</b> 11:00- 11:30 AM Marcia   Studio A		
			<b>Low Impact Movement &amp; Strength</b> 10:00-10:45 AM Marcia   Studio A			

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Zumba®</b> 4:15-5:00 PM Leanne   Studio A	<b>BodyPump™</b> 5:30-6:15 PM Marcia   Studio A	<b>Zumba®</b> 5:15-6:00 PM Natalie   Studio A <b>Virtual Live</b>	<b>Strength &amp; Sculpt</b> 5:30-6:15 PM Holly   Studio A			
<b>Spin</b> 5:30-6:15 PM Austin   Studio C	<b>BodyCombat™ Express</b> 6:30-7:00 PM Marcia   Studio A	<b>Aqua Aerobics</b> 6:00-7:00 PM Beth   Pool	<b>Barre</b> 6:30-7:15 PM Megan L.   Studio A		<b>Warminster Group Exercise Schedule</b> Group exercise classes are included in your membership.  Registration required for Aquatic Group Exercise classes through MindBody as space is limited.	
<b>Yoga Qi Gong</b> 6:00-6:45 PM Sandy G.   Studio A <b>Virtual Live</b>		<b>Hatha Yoga</b> 6:00-7:00 PM Sandy G.   Studio A	<b>Spin</b> 6:30-7:15 PM Linda   Studio C			

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted
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Highlighted items indicate a change in class format or time.

Please check [ymcabucks.org](http://ymcabucks.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!