

Warminster Virtual & Live Group Exercise Schedule						
Daytime Classes						
June 14 – August 31, 2021						
						"We're here for you."
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Chair Yoga 9:30 - 10:15am Cathy S. Studio A	Strength & Sculpt 8:00 – 8:45am Kate M. Studio A	Express Cardio 8:00 – 8:30am Kate M. Parking Lot/Studio A**	Stretch & Balance 8:00 – 8:45am Melinda Studio A	Pop Pilates® 8:00 - 8:45am Melinda Studio A	Zumba® 9:30 – 10:15am Pina Studio A	
Gentle Yoga 10:30 - 11:15am Cathy S. Studio A	Aqua Aerobics 8:30 - 9:15am Rovena Pool	Aqua Tabata 8:00 – 8:45am Dot Pool	HIIT 8:00 – 8:45am Kate M. Parking Lot	Aqua Aerobics 8:00 - 8:45am Addie Pool		
	Aqua Zumba® 9:20 - 10:05am Betsy Pool	Express Strength 8:45 – 9:15am Kate M. Parking Lot/MPR 3**	Aqua Aerobics 8:30 - 9:15am Rovena Pool	Zumba® 9:00 – 9:45am Leanne Studio A		
	Sit & Be Fit 10:00 – 10:45am Rovena Studio A	Aqua Dance 8:50 – 9:35am Dot Pool	Gentle Aqua Aerobics 9:20 – 10:05am Rovena Pool			
		Gentle Yoga 9:00 – 9:45am Cathy S. Studio A				
		Arthritis Aquatics 9:40 – 10:25am Dot Pool				
		Zumba® Gold 11:00 – 11:45pm Melinda Studio A				

Warminster Virtual & Live Group Exercise Schedule						
Evening Classes						
June 14 – August 31, 2021						
						"We're here for you."
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga Qi Gong 6:00 – 6:45pm Sandy Studio A V&RTUALIVE	Strength & Sculpt 5:30 - 6:15pm Austin Studio A	Express Cardio 5:30 – 6:00pm Kate Studio A	Strength & Sculpt 5:00 - 5:45pm Austin Studio A			
		Aqua Aerobics 6:00 – 6:45pm Rovena Pool	Hatha Yoga 6:00 - 6:45pm Sandy Studio A			

** In cases of inclement weather, such as rain or excessive heat, classes marked with ** will shift to indoors. Highlighted items indicate a change in class format or time.