

Warminster Virtual & Live Group Exercise Schedule
Daytime Classes
January 4, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT 6:00 - 6:45am Steph VIRTUAL	(begins 2/9) Interval Training 6:30 - 7:15am Heather VIRTUAL	Yoga 6:00 - 7:00am Laura S. VIRTUAL	Interval Training 6:30 - 7:15am Renzo VIRTUAL	HIIT 6:30 - 7:00am Carolyn VIRTUAL	Circuit Workout 8:00 - 8:45am Andrea VIRTUAL	BodyCombat™ 9:30 - 10:15am Nicole S. VIRTUAL
Pilates 8:30 - 9:15am Vicki C. VIRTUAL	Strength & Sculpt 8:45 - 9:30am Kate M. Back Parking Lot	Pilates 8:00 - 8:45am Vicki VIRTUAL	Stretch & Balance 8:00 - 8:45am Melinda Studio A VIRTUALIVE	Pop Pilates® 8:00 - 8:45am Melinda Studio A VIRTUALIVE	Barre Fusion 8:30 - 9:15am Tricia VIRTUAL	CXWORX™ 10:30 - 11:00am Nicole S. VIRTUAL
Chair Yoga 9:30 - 10:15am Cathy S. Studio A VIRTUALIVE	BodyPump™ 9:15 - 10:00am Kristen L. VIRTUAL	Express Cardio 8:45 - 9:15am Kate M. Back Parking Lot	HIIT 8:45 - 9:30am Kate M. Back Parking Lot	Strength & Sculpt 9:30 - 10:15am Megan VIRTUAL	Zumba® 9:00 - 9:45am Natalie VIRTUAL	Vinyasa Yoga 11:00am - 12:00pm Elda VIRTUAL
HIIT 9:30 - 10:15am Megan VIRTUAL	Sit & Be Fit 10:00 - 10:45am Stacey Studio A	Aqua Tabata 9:00 - 9:45am Dot Pool	BodyPump™ 9:15 - 10:00am Carrene VIRTUAL	Gentle Yoga 9:30 - 10:30am Elda VIRTUAL	Pilates 9:30 - 10:15am Tricia VIRTUAL	
Strength & Sculpt 9:30 - 10:15am Tricia VIRTUAL	Aqua Zumba® 10:00 - 10:45am Betsy Pool	Express Strength 9:30 - 10:00am Kate M. Back Parking Lot	Aqua Aerobics 10:00 - 10:45am Rovena Pool	Ab Blast 10:30 - 11:00am Jen VIRTUAL	Hatha Yoga 10:00 - 11:00am Sandy VIRTUAL	
Ab Blast 10:30 - 11:00am Jen VIRTUAL	CXWORX™ 10:15 - 10:45am Nicole S. VIRTUAL	Gentle Yoga 9:00 - 9:45am Cathy S. Studio A VIRTUALIVE	CXWORX™ 10:15 - 10:45am Nicole S. VIRTUAL	Low Impact Movement & Strength 11:00 - 11:45am Megan VIRTUAL		
Gentle Yoga 10:30 - 11:15am Cathy S. Studio A	Tank Top Arms 10:30 - 11:15am Megan VIRTUAL	Leg Day 9:30 - 10:15am Megan VIRTUAL	Chest & Back 10:30 - 11:15am Megan VIRTUAL			
Low Impact Movement & Strength 11:00 - 11:45am Megan VIRTUAL	Aqua Aerobics 11:00 - 11:45am Rovena Pool	Interval Training 9:30 - 10:15am Carrene VIRTUAL	Gentle Aqua Aerobics 11:00 - 11:45am Rovena Pool			
	Low Impact Aerobics 11:30 - 12:15pm Betsy VIRTUAL	Aqua Tai Chi 10:00 - 10:45am Dot Pool	Barre Fusion 11:00 - 11:45am Tricia VIRTUAL			
	HIIT 12:00 - 12:30pm Steph VIRTUAL	Pilates 10:30 - 11:15am Andrea VIRTUAL	Low Impact Aerobics 11:30 - 12:15pm Cathy M. VIRTUAL			
	Chair Yoga 12:00 - 1:00pm Ogden VIRTUAL	Arthritis Aquatics 11:00 - 11:45am Dot Pool	Chair Yoga 12:00 - 1:00pm Ogden VIRTUAL			

		Stretch & Balance 11:00 - 11:45am Megan V&RTUAL	HIIT 12:00 - 12:30pm Andrea V&RTUAL			
		Hatha Yoga 11:00am-12:00pm Elda V&RTUAL	Gentle Yoga 2:00 – 3:00pm Sandy V&RTUAL			
		Zumba® Gold 12:00 – 12:45pm Melinda V&RTUAL				

Warminster Virtual & Live Group Exercise Schedule
Evening Classes
January 4, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Zumba® 5:00 - 5:45pm Leanne V&RTUAL	Strength & Sculpt 5:30 - 6:15pm Austin Studio A	TBC 5:30 - 6:15pm Katie B. V&RTUAL	Zumba® 5:00 - 5:45pm Elena V&RTUAL	ZUMBA® Kids 6:00 – 6:30pm Elena V&RTUAL		
Interval Strength Training 5:30 - 6:15pm Jamie B. V&RTUAL	PIIT 5:30 - 6:15pm Steph V&RTUAL	Aqua Aerobics 6:00 – 6:45pm Rovena Pool	Kickboxing 5:30 - 6:15pm Katie B. V&RTUAL	Family Yoga 6:45 – 7:15pm Sandy V&RTUAL		
Yoga Qi Gong 6:00 – 6:45pm Sandy Studio A V&RTUAL LIVE	Strength & Sculpt 5:30 – 6:15pm Andrea V&RTUAL	BollyX® 6:15 – 7:00pm Gina V&RTUAL	Hatha Yoga 6:00 - 6:45pm Sandy Studio A			
CXWORX™ 6:30 - 7:00pm Carolyn V&RTUAL	Kickboxing 6:30 - 7:15pm Jamie V&RTUAL	Vinyasa Yoga 7:00 – 8:00pm Eric V&RTUAL	Interval Strength Training 6:30 - 7:15pm Renzo V&RTUAL			
Barre 7:15 – 8:00pm Nicole T. V&RTUAL	Hatha Yoga 7:00 – 8:00pm Sandy V&RTUAL	Barre 7:15 – 8:00pm Nicole T. V&RTUAL				
			1/5/2021			

If outdoor classes are canceled due to inclement weather or low attendance, please visit us on our new virtual platform where you will have access to our on demand library and live streamed classes!

Classes with the **V&RTUAL** icon can be streamed live on our Virtual Wellness Platform

Classes with the **V&RTUAL LIVE** icon are classes that take place live from the branch while streaming to members on our Virtual Wellness Platform.