YMCA of BUCKS COUNTY | Warminster
Group Exercise Schedule
July 2022

"We're here for you."

DAYTIME CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Chair Yoga 9:30-10:15 AM Cathy S. | Studio A	**Strength & Sculpt** 8:00-8:45 AM Kate M. | Studio A	**Total Body Conditioning** 8:00-8:45 AM Kate M. | Studio A	**Strength & Balance** 8:00-8:45 AM Melinda | Studio A	**Pop Pilates®** 8:00-8:45 AM Melinda | Studio A	**Zumba®** 9:30-10:15 AM Pina | Studio A	
Gentle Yoga 10:30-11:30 AM Cathy S. | Studio A	**Barre** 9:00-9:45 AM Melinda | Studio A	**Gentle Yoga** 9:00-10:00 AM Cathy S. | Studio A	**Aqua Aerobics** 8:15-9:00 AM Sara | Pool	**Aqua Aerobics** 8:15-9:00 AM Addie | Pool		
	SilverSneakers® Splash 9:15-10:00 AM Dawn | Pool	**Zumba Gold®** 10:30-11:15 AM Melinda | Studio A	**Gentle Aqua Aerobics** 9:15-10:00 AM Sara | Pool	**Spin** 9:00-9:45 AM Linda | Studio C		
	SilverSneakers® Classic 10:15-11:00 AM Dawn & Melinda| Studio A		**SilverSneakers® Classic** 11:00-11:45 AM Dawn | Studio A	**SilverSneakers® Classic** 11:00-11:45 AM Melinda | Studio A		

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Express Barre 5:15-5:45 PM Megan L. | Studio A	**Strength & Sculpt** 5:30-6:15 PM Gina | Studio A	**Barre** 5:15-6:00 PM Megan L. | Studio A	**Interval Training** 5:30-6:15 PM Gina | Studio A			
Yoga Qi Gong 6:00-7:00 PM Sandy G. | Studio A **Virtual Live**	**Zumba®** 6:30-7:15 PM Natalie | Studio A	**Hatha Yoga** 6:15-7:00 PM Sandy G. | Studio A				
					Warminster Group Exercise Schedule **Group exercise classes are included in your membership.** **Registration required for Aquatic Group Exercise classes through MindBody as space is limited.**	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted

Highlighted items indicate a change in class format or time.

Please check 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!

Updated 6/28/22