

YMCA of BUCKS COUNTY | Warminster
Group Exercise Schedule
August 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			
	SilverSneakers® Classic 10:15-11:00 AM Dawn & Melinda Studio A		SilverSneakers® Classic 11:00-11:45 AM Dawn 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				
					<p>Warminster Group Exercise Schedule</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>	

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 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 7/28/22