

**YMCA of BUCKS COUNTY | Warminster**  
**Group Exercise Schedule**  
**January 2023**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Interval Training</b> 8:30-9:15 AM Megan L.   Studio A	<b>Barre</b> 9:00-9:45 AM Melinda   Studio A	<b>Coming Soon! HIIT</b> 8:00-8:45 AM Melinda   Studio A <b>(Starting 1/25)</b>	<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>Barre</b> 8:30-9:15 AM Megan L.   Studio A	<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>SilverSneakers® Splash</b> 9:15-10:00 AM Dawn   Pool	<b>Aqua Fit</b> 8:30-9:15 AM Sara   Pool	<b>Aqua Fit</b> 8:30-9:15 AM Sara   Pool	<b>Aqua Aerobics</b> 8:15-9:00 AM Addie   Pool	<b>Zumba®</b> 9:30-10:15 AM Pina   Studio A	
<b>Gentle Yoga</b> 10:30-11:30 AM Cathy S.   Studio A	<b>SilverSneakers® Classic</b> 10:15-11:00 AM Dawn & Melinda   Studio A	<b>Gentle Yoga</b> 9:00-10:00 AM Cathy S.   Studio A	<b>Aqua Aerobics</b> 9:30-10:15 AM Sara   Pool	<b>Strength &amp; Sculpt</b> 9:00-9:45 AM Kate   Studio A		
	<b>NEW! Tai Chi</b> 11:15-12:00 PM Virtual   Studio A	<b>Aqua Stretch</b> 9:30-10:15 AM Sara   Pool	<b>SilverSneakers® Classic</b> 11:00-11:45 AM Dawn   Studio A	<b>SilverSneakers® Classic</b> 10:15-11:00 AM Maureen   Studio A		
		<b>Zumba Gold®</b> 10:30-11:15 AM Melinda   Studio A				
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Express Barre</b> 5:15-5:45 PM Megan L.   Studio A	<b>Strength &amp; Sculpt</b> 5:30-6:15 PM Gina   Studio A	<b>Barre</b> 5:15-6:00 PM Virtual   Studio A	<b>Interval Training</b> 5:30-6:15 PM Gina   Studio A			
<b>Yoga Qi Gong</b> 6:00-7:00 PM Sandy G.   Studio A	<b>Zumba®</b> 6:30-7:15 PM Natalie   Studio A	<b>Hatha Yoga</b> 6:15-7:00 PM Sandy G.   Studio A	<b>NEW! Pilates</b> 6:30-7:15 PM Virtual   Studio A			
<b>NEW! Meditation</b> 7:15-7:45 PM Sandy G.   Studio A					<p><b>Warminster Group Exercise Schedule</b></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	Virtual
<p>Highlighted items indicate a change in class format or time.</p> <p>Please check <a href="http://ymcabucks.org">ymcabucks.org</a> 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!</p>						
						Updated 1/10/23