

YMCA of BUCKS COUNTY | Warminster
Group Exercise Schedule
March 2023

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Interval Training 8:30-9:15 AM Kate Studio A	Barre 9:00-9:45 AM Melinda Studio A	HIIT 8:00-8:45 AM Maureen Studio A	Strength & Balance 8:00-8:45 AM Melinda Studio A	Pop Pilates® 8:00-8:45 AM Melinda Studio A	Barre 8:30-9:15 AM Megan L. Studio A	Zumba® 9:30-10:15 AM Susan Studio A
NEW! SilverSneakers® Splash 9:15-10:00 AM Maureen Pool (starting 3/13)	SilverSneakers® Splash 9:15-10:00 AM Dawn Pool	Aqua Fit 8:30-9:15 AM Sara Pool	Aqua Fit 8:30-9:15 AM Sara Pool	Aqua Aerobics 8:15-9:00 AM Addie Pool	Zumba® 9:30-10:15 AM Pina Studio A (Shamrock Shake 3/18)	
Chair Yoga 9:30-10:15 AM Cathy S. Studio A	SilverSneakers® Classic 10:15-11:00 AM Melinda Studio A	Gentle Yoga 9:00-10:00 AM Cathy S. Studio A	Aqua Aerobics 9:30-10:15 AM Sara Pool	NEW! Aqua Ai Chi 9:15-10:00 AM Addie Pool (starting 3/10)		
Gentle Yoga 10:30-11:30 AM Cathy S. Studio A	NEW! Chair Yoga 11:15-12:00 PM Virtual Studio A	Aqua Stretch 9:30-10:15 AM Sara Pool	SilverSneakers® Classic 11:00-11:45 AM Dawn Studio A	Strength & Sculpt 9:00-9:45 AM Kate Studio A		
		Zumba Gold® 10:30-11:15 AM Melinda Studio A		SilverSneakers® Classic 10:15-11:00 AM Maureen Studio A		
		NEW! Strength & Sculpt Express 11:30-12:00 PM Amy Studio A (starting 3/15)				
		NEW! Stretch & Balance 12:15-1:00 PM Amy Studio A (starting 3/15)				
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Express Barre 5:15-5:45 PM Megan L. Studio A	NEW! Kickboxing 4:30-5:15 PM Virtual Studio A	Coming Soon! Aquacise 5:00-5:45 PM Pool	Interval Training 5:30-6:15 PM Gina Studio A			
Yoga Qi Gong 6:00-7:00 PM Sandy G. Studio A	Strength & Sculpt 5:30-6:15 PM Gina Studio A	Barre 5:15-6:00 PM Virtual Studio A	Pilates 6:30-7:15 PM Virtual Studio A			
Meditation 7:15-7:45 PM Sandy G. Studio A	Zumba® 6:30-7:15 PM Natalie Studio A	Coming Soon! Aqua Ai Chi 6:00-6:45 PM Pool			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.	
		Hatha Yoga 6:15-7:00 PM Sandy G. Studio A				
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

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 2/27/23