

**YMCA OF BUCKS AND HUNTERDON COUNTIES | Warminster**  
**Group Exercise Schedule**  
**February 2024**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Interval</b> 8:30-9:15 AM Kate   Studio A	<b>Aqua Fit</b> 8:15-9:00 AM Sara   Pool	<b>Aqua Fit</b> 8:30-9:15 AM Sara   Pool	<b>Interval</b> 8:00-8:45 AM Holly   Studio A (Heart Rate Training class)	<b>Yoga Sculpt</b> 8:00-8:45 AM Holly   Studio A (starting 2/9)	<b>Barre</b> 8:30-9:15 AM Megan   Studio A	<b>Zumba®</b> 9:30-10:15 AM Susan   Studio A
<b>SilverSneakers® Splash</b> 9:15-10:00 AM Maureen   Pool	<b>Core &amp; More</b> 9:00-9:45 AM Maureen   Studio A	<b>Pilates/Barre Fusion Express</b> 8:30-9:00 AM Cathy   Studio A	<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	
<b>Chair Yoga</b> 9:30-10:15 AM Cathy   Studio A	<b>SilverSneakers® Splash</b> 9:15-10:00 AM Dawn   Pool	<b>Gentle Yoga</b> 9:15-10:15 AM Cathy   Studio A	<b>Vinyasa Yoga</b> 9:00-9:45 AM Holly   Studio A	<b>Strength &amp; Sculpt</b> 9:00-9:45 AM Kate   Studio A		
<b>Gentle Yoga</b> 10:30-11:30 AM Cathy   Studio A	<b>SilverSneakers® Classic</b> 10:15-11:00 AM Maureen   Studio A	<b>Aqua Stretch</b> 9:30-10:15 AM Sara   Pool	<b>Aqua Aerobics</b> 9:30-10:15 AM Sara   Pool	<b>Aqua Ai Chi</b> 9:15-10:00 AM Addie   Pool		
	<b>Chair Yoga</b> 11:15-12:00 PM Virtual   Studio A	<b>SilverSneakers® Enerchi</b> 10:30-11:15 AM Kathy   Studio A	<b>SilverSneakers® Classic</b> 11:00-11:45 AM Virtual   Studio A	<b>SilverSneakers® Classic</b> 10:15-11:00 AM Sue   Studio A		
				<b>SilverSneakers® Enerchi</b> 11:15-12:00 PM Sue   Studio A		
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Express Barre</b> 5:15-5:45 PM Megan   Studio A	<b>Kickboxing</b> 4:30-5:15 PM Virtual   Studio A	<b>Aquacise</b> 5:45-6:30 PM Kathy   Pool	<b>Strength &amp; Sculpt</b> 5:30-6:15 PM Gina/Holly   Studio A (2/1, 2/8 with Gina 2/15, 2/22 & 2/29 Virtual)			
<b>Yoga Qi Gong</b> 6:00-7:00 PM Sandy   Studio A	<b>Strength &amp; Sculpt</b> 5:15-6:00 PM Gina/Kate   Studio A (2/6 with Gina, 2/13, 2/20 & 2/27 with Kate)	<b>HIIT</b> 5:15-6:00 PM Amy   Studio A	<b>Interval Training</b> 6:30-7:15 PM Holly   Studio A (Heart Rate Training class / starting 2/15)			
<b>Aquacise</b> 6:45-7:30 PM Kathy   Pool	<b>Zumba®</b> 6:30-7:15 PM Natalie   Studio A	<b>Aqua Ai Chi</b> 6:45-7:30 PM Kathy   Pool			<b>Warminster Group Exercise Schedule</b>  Group exercise classes are included in your membership.  Registration required for Aquatic Group Exercise classes through MindBody as space is limited.	
<b>Meditation</b> 7:15-7:45 PM Sandy   Studio A		<b>Hatha Yoga</b> 6:15-7:00 PM Sandy   Studio A				
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual
<b>Heart Rate Training Class</b>						

Highlighted items indicate a change in class format or time.

Please check [ymcabucks.org](http://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 1/31/24