



# ABERDEEN FAMILY YMCA

## LAND & WATER GROUP FITNESS SCHEDULE

### SUMMER (JUNE-JULY-AUGUST)

**OVER 95 GROUP FITNESS CLASSES THAT ARE INCLUDED WITH YOUR MEMBERSHIP!**

If you are new or returning to exercise, inform your instructor and they will show you modifications. REVISED: 6/21/2024

### EARLY MORNING CLASSES (5:00AM-8:00AM)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:10-5:55am TRX Pam	5:10-5:40am Kettlebell (TRX) Pam/Shannon	5:10-5:40AM GRIT Shannon	5:10-5:55am BODY PUMP Estelle (S1)	5:10-5:40am Kettlebell (TRX) Shannon/Pam		
6:00-6:30am TRX Pam	6:00-6:45am Hydrorider Wendy	6:00-6:30am TRX Stanley	5:35-6:30am Water Wake Up Erin			
			5:30-6:15am Pilates Reformer Dena			
	5:45-6:15am SPRINT(HIIT Cycle) Judy/Mickey/Estelle		6:00-6:30am SPRINT(HIIT Cycle) Estelle	5:45-6:15am SPRINT(HIIT Cycle) Judy		
	6:30-7:00am Stretch Express Amy (Med Studio)				7:15-7:45am GRIT (HIIT) (S1) Amy/Shannon/Erin	

### MORNING CLASSES (8:00AM-12:00PM)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:00am SPRINT(HIIT Cycle) Erin/Dixie/Mickey	8:15-8:45am Bootcamp Express Amy (TRX)	8:15-9:00am SPRINT(HIIT Cycle) Terrill	8:15-8:45am GRIT (HIIT) Brooke (S1)	8:15-9:00am SPRINT(HIIT Cycle) Terrill	8:00-8:50am BODY COMBAT Amy/Sarah (S1)	Mon-Wed- Fri 8:15-9:00am CYCLING will remain a 45 min class, but the SPRINT will be held 8:20-8:50am
8:15-9:00am TRX Amy		8:15-9:00am TRX Amy		8:45-9:30am Drums Alive Estelle (S2)		
8:15-9:00am Pilates Reformer Stephanie		8:15-9:00am Pilates Reformer Shannon/Katharine				
9:00-9:45am Aquacise Varies	9:00-9:15am Restore the Core Amy (S2)	9:00-9:45am Aquacise Mary K.	9:00-9:15am Restore the Core Erin (S2)	9:00-9:45am Aquacise Terry	9:00-9:45am Wild Water Workout -Mona	
	9:20-10:20am BODY PUMP Terrill (S1)	9:15-10:00am Step & Sculpt Amy (S1)	9:20-10:20am BODY PUMP Terrill (S1)	9:00-10:00am BODY COMBAT Amy (S1)	9:00-10:00am BODY PUMP Varies (S1)	
9:15-10:00am Hatha Yoga Janene	9:15-10:00am Yoga Basics Randall	9:15-10:00am Yin Yoga Vicki	9:30-10:15am Pilates Reformer Janene	9:15-10:00am Hatha Yoga Jan/Jon	9:00-10:00am Sat. Yoga Varies	
10:00-10:45am Senior Shape Up Amy (S1)	*10:30-11:15am Zumba Gold Carol (S2)	10:15-10:45am Senior Strength Amy (HLC)	*10:30-11:15am Zumba Gold Terrill (S2)		10:15-10:45am SPRINT(HIIT Cycle) Amy/Jessica	
10:15-10:45am Senior Chair Yoga Jane Ann					10:15-11:00am Zumba Varies (S2)	
11:00am-11:30am Better Balance Janene(Med Studio)	10:30-11:00am Circuit Express Amy (HLC)	11:00am-11:30am Better Balance Janene(Med Studio)	10:30-11:00am Circuit Express Amy (HLC)	11:00am-12:00pm Yin Yoga Bri	10:30-11:30am Vinyasa Flow Bri	HLC = Healthy Living Center
11:00am-12:00pm BODY PUMP Amy (S1)	11:00am-11:45am Sculpt & Tone Amy (S1)		11:00-11:30am Sculpt & Tone Amy (S1)	11:00am-12:00pm BODY PUMP Judy (S1)		
11:00-11:45am Young at Heart Rene (Pool)	11:25-11:55am Stretch Express Jane Ann(Med Stud)	11:00-11:45am Young at Heart Varies (Pool)	11:25-11:55am Stretch Express Jane Ann(Med Stud)	11:00-11:45am Young at Heart Varies (Pool)		

## NOON/AFTERNOON CLASSES (12:00-4:00PM)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:10-12:50pm <b>BODY COMBAT</b> Sarah (S1)	12:15-12:45pm <b>GRIT (HIIT)</b> Sarah (S1)	12:10-12:50pm <b>BODY COMBAT</b> Sarah (S1)		12:10-12:50pm <b>BODY COMBAT</b> Sarah (S1)		12:15-1:15pm <b>BODY PUMP</b> Judy (S1)
		12:15-12:45pm <b>TRX</b> Michelle				
12:15-12:45pm <b>SPRINT(HIIT Cycle)</b> Brooke			12:15-12:45pm <b>SPRINT(HIIT Cycle)</b> Sarah			1:30-2:00pm <b>SPRINT(HIIT Cycle)</b> Judy

## EVENING CLASSES (4:00-9:00PM)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	*4:15-5:00pm <b>Zumba</b> Kristin (S2)		*4:15-5:00pm <b>Zumba</b> Merry (S2)	*4:15-5:00pm <b>Zumba</b> Merry/Kristin (S2)	Note: The *asterisk Zumba and Zumba Gold classes are "Family Friendly"... meaning any child ages 8-12 can come with one or both parents	
		4:15-5:00pm <b>BODY PUMP</b> Amy (S1)			<b>PILATES REFORMER</b> If you have never been to a Pilates class, you will need to attend at least 4 beginner classes before moving into a regular Pilates Reformer class. Leave your name and number with the staff at Member Services and you will be contacted regarding the time and start date.	
4:15-5:15pm <b>BODY COMBAT</b> Amy (S1)	4:45-5:30pm <b>Wild Water Workout</b> Mary/Jane		4:45-5:30pm <b>Wild Water Workout</b> Mary/Jane			
5:15-6:15pm <b>Intermediate Yoga</b> Janene/Donna	5:15-6:15pm <b>Hatha Yoga</b> Donna	5:15-6:15pm <b>Intermediate Yoga</b> Randall	5:15-6:15pm <b>Variety Yoga</b> Nicole/Karen/Donna		<b>YOGA AT WYLIE (STARTS MAY 28)</b> TUESDAY 5:15-6:15PM THURSDAY 5:15-6:15PM SATURDAY 9:00-10:00AM WILL BE HELD AT WYLIE FOR THE SUMMER (JUNE-AUG). IN CASE OF BAD WEATHER, CLASS WILL BE HELD AT THE YMCA.	
*5:30-6:30pm <b>Zumba Gold</b> Carol (S1)	5:30-6:15pm <b>Zumba</b> Kristin (S2)		5:30-6:15pm <b>Zumba</b> Jessica (S2)			
	5:30-6:30pm <b>BODY PUMP</b> Judy (S1)	5:30-6:30pm <b>BODY COMBAT</b> Amy (S1)				
5:30-6:00pm <b>SPRINT(HIIT Cycle)</b> Estelle		5:30-6:00pm <b>SPRINT(HIIT Cycle)</b> Judy				
	6:30-7:15pm <b>Pilates Reformer</b> Lisa	6:15-7:00pm <b>Drums Alive</b> Estelle (S2)			<b style="color: purple;">WANT THE SCHEDULE ON YOUR SMARTPHONE?</b> scan here.	
6:30-7:15pm <b>Zumba</b> Adele (S2)						

**CLASS KEY:** All locations are listed behind the class. S1=Studio 1, S2=Studio 2

<ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: purple; margin-right: 5px;"></span> <b>Cycling (Cycling Studio)</b></li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: teal; margin-right: 5px;"></span> <b>Yoga (Meditative Studio)</b></li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: blue; margin-right: 5px;"></span> <b>Aquatics (Aquatic Center)</b></li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: red; margin-right: 5px;"></span> <b>LesMills BODY PUMP (S1 or S2)</b></li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: orange; margin-right: 5px;"></span> <b>ZUMBA (S1 or S2)</b></li> </ul>	<ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: green; margin-right: 5px;"></span> <b>LesMills BODY COMBAT (S1 or S2)</b></li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: grey; margin-right: 5px;"></span> <b>LesMills GRIT (S1 or S2)</b></li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: purple; margin-right: 5px;"></span> <b>LesMills SPRINT (Cycling Studio)</b></li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: pink; margin-right: 5px;"></span> <b>Pilates (Meditative Studio)</b></li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: brown; margin-right: 5px;"></span> <b>TRX (Meditative Studio)</b></li> </ul>
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- All participants must be 13 years old to attend any land or water fitness classes or have the approval of the instructor.
- Please carry your workout shoes into the building to help us keep the floors clean and damage-free.

**Other Group Fitness Classes (S1, S2, TRX or Meditative Studio)**

**\*CLASSES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**

**REVISED 6/21/2024**