



ABERDEEN FAMILY YMCA

LAND & WATER GROUP FITNESS SCHEDULE

FALL 2024 (SEPT-OCT-NOV-DEC)

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: 9/12/2024

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/Erin	5:10-5:40AM GRIT Shannon	5:10-5:55am BODY PUMP Estelle (S1)	5:10-5:40am Kettlebell (TRX) Shannon/Pam/Erin		
6:00-6:30am TRX Pam	6:00-6:45am Hydrorider Wendy	6:00-6:30am TRX Varies	5:35-6:30am Water Wake Up Erin	5:35-6:20am Water Aerobics Holly		
			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/Shannon		8:15-9:00am Pilates Reformer Shannon/Katharine				
9:00-9:45am Aquacise Mary/Mona/Jan	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 Barbie	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 Sue	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			10:30-11:15am Start-up Pilates Reformer Janene		10:15-11:00am Zumba Varies (S2)	
11:00am-11:30am Better Balance Jane Ann(Med Stu)	10:30-11:00am Circuit Express Amy (HLC)	11:00am-11:30am Better Balance Jan (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)		11:00-11:45am 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 Barbie (Pool)	11:25-11:55am Stretch Express Jane Ann(Med Stud)	11:00-11:45am Young at Heart Jan (Pool)		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:10-12:50pm BODY COMBAT Sarah (S1)	12:15-12:45pm GRIT (HIIT) Sarah (S1)	12:10-12:50pm BODY COMBAT Sarah (S1)		12:10-12:50pm BODY COMBAT Sarah (S1)		12:15-1:15pm BODY PUMP Judy (S1)
		12:15-12:45pm TRX Michelle				12:15-1:15pm Restorative Yoga Nicole
12:00-1:00pm Water Walking Pool	12:00-1:00pm Water Walking Pool	12:00-1:00pm Water Walking Pool	12:00-1:00pm Water Walking Pool	12:00-1:00pm Water Walking Pool		Nov 3 - April 27 1:30-2:00pm SPRINT(HIIT Cycle) Judy
12:15-12:45pm SPRINT(HIIT Cycle) Brooke			12:15-12:45pm SPRINT(HIIT Cycle) Sarah			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	*4:15-5:00pm Zumba Kristin (S2)		*4:15-5:00pm Zumba Merry (S2)	*4:15-5:00pm Zumba 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 BODY PUMP Amy (S1)				
4:15-5:15pm BODY COMBAT Amy (S1)	4:45-5:30pm Wild Water Workout Mary/Jane		4:45-5:30pm Wild Water Workout Mary/Jane		PILATES REFORMER 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.	
	5:30-6:30pm Water Volleyball Mary/Jane					
5:15-6:15pm Intermediate Yoga Janene/Donna	5:15-6:15pm Hatha Yoga Donna	5:15-6:15pm Intermediate Yoga Randall	5:15-6:15pm Variety Yoga Nicole/Karen/Donna			
*5:30-6:30pm Zumba Gold Carol (S1)	5:30-6:15pm Zumba Kristin (S2)		5:30-6:15pm Zumba Jessica (S2)			
	5:30-6:30pm BODY PUMP Judy (S1)	5:30-6:30pm BODY COMBAT Amy (S1)				
5:30-6:00pm SPRINT(HIIT Cycle) Estelle		5:30-6:00pm SPRINT(HIIT Cycle) Judy				
6:30-7:15pm Zumba Adele (S2)	6:30-7:15pm Pilates Reformer Lisa	6:15-7:00pm Drums Alive Estelle (S2)				
7:15-8:15pm Water Walking Pool	7:15-8:15pm Water Walking Pool	7:15-8:15pm Water Walking Pool	7:15-8:15pm Water Walking Pool			

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

 Cycling (Cycling Studio)	 LesMills BODY COMBAT (S1 or S2)
 Yoga (Meditative Studio)	 LesMills GRIT (S1 or S2)
 Aquatics (Aquatic Center)	 LesMills SPRINT (Cycling Studio)
 LesMills BODY PUMP (S1 or S2)	 Pilates (Meditative Studio)
 ZUMBA (S1 or S2)	 TRX (Meditative Studio)

*CLASSES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

- 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)

REVISED 9/12/2024

WANT THE SCHEDULE ON YOUR SMARTPHONE?

scan here.

