



# 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: 10/10/2024

### 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 Hydroider Wendy	6:00-6:30am TRX Emily	5:35-6:30am Water Wake Up Erin	5:35-6:20am Water Aerobics Holly		
	5:30-6:15am Pilates Reformer Abbie	5:30-6:15am Hatha Yoga Anna <b>Starts Oct 23</b>	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				
8:15-9:00am Pilates Reformer Stephanie/Shannon		8:15-9:00am Pilates Reformer Shannon/Katharine		8:45-9:30am Drums Alive Estelle (S2)		
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)	*10:30-11:30am 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 <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				12:15-1:15pm 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 <b>BODY PUMP</b> Amy (S1)				
4:15-5:15pm <b>BODY COMBAT</b> Amy (S1)	4:45-5:30pm Wild Water Workout Mary/Jane		4:45-5:30pm Wild Water Workout Mary/Jane		<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.	
	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 <b>BODY PUMP</b> Judy (S1)	5:30-6:30pm <b>BODY COMBAT</b> 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			

**WANT THE SCHEDULE ON YOUR SMARTPHONE?**

scan here.



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

<span style="display: inline-block; width: 15px; height: 15px; background-color: #4b0082; border: 1px solid black;"></span> Cycling (Cycling Studio)	<span style="display: inline-block; width: 15px; height: 15px; background-color: #008000; border: 1px solid black;"></span> LesMills BODY COMBAT (S1 or S2)
<span style="display: inline-block; width: 15px; height: 15px; background-color: #008080; border: 1px solid black;"></span> Yoga (Meditative Studio)	<span style="display: inline-block; width: 15px; height: 15px; background-color: #808080; border: 1px solid black;"></span> LesMills GRIT (S1 or S2)
<span style="display: inline-block; width: 15px; height: 15px; background-color: #000080; border: 1px solid black;"></span> Aquatics (Aquatic Center)	<span style="display: inline-block; width: 15px; height: 15px; background-color: #4b0082; border: 1px solid black;"></span> LesMills SPRINT (Cycling Studio)
<span style="display: inline-block; width: 15px; height: 15px; background-color: #ff0000; border: 1px solid black;"></span> LesMills BODY PUMP (S1 or S2)	<span style="display: inline-block; width: 15px; height: 15px; background-color: #800080; border: 1px solid black;"></span> Pilates (Meditative Studio)
<span style="display: inline-block; width: 15px; height: 15px; background-color: #ffa500; border: 1px solid black;"></span> ZUMBA (S1 or S2)	<span style="display: inline-block; width: 15px; height: 15px; background-color: #800000; border: 1px solid black;"></span> TRX (Meditative Studio)

- 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 10/10/2024