



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAND & WATER GROUP FITNESS SCHEDULE


Over 90 classes to choose from... included with your membership!

ABERDEEN FAMILY YMCA

Winter/Spring 2012 (Jan/Feb/Mar/Apr/May)

If you are new or returning to exercise, inform your instructor and they will show you modifications. Revised: 1-27-12

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am BODY PUMP Estelle (S2)	5:30-6:30am BODY PUMP Judy (S2)	5:30-6:30am BODY PUMP Estelle (S2)	5:30-6:30am BODY PUMP Paula (S2)	5:46-6:30am Zumba Rebecca (S2)		
	5:35-6:30am Water Wake Up Bruce		5:35-6:30am Water Wake Up Bruce	5:45-6:30am Warm Water Stretch Jeannie	 Warm Water Stretch is held in Avera's Heated Therapy Pool	
5:45-6:30am Cycling Tyhe		5:45-6:30am Cycling Bunny		5:45-6:30am Cycling Jackie		
	6:30-7:00am Stretch Express (Meditative Studio) Jeannie		6:30-7:00am Stretch Express (Meditative Studio) Jeannie			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:00am Cycling Bunny	8:16-9:00am Zumba Rebecca (S2)	8:15-9:00am Cycling Terrill	8:16-9:00am Zumba Kristin H. (S2)	8:15-9:00am Cycling Terrill	8:00-8:45am Cycling Jamie/Anita	
9:00-10:00am Aquacise Katie/Mary K.	9:00-9:15am Restore the Core Terrill (S2)	9:00-10:00am Aquacise Katie/Mary K.	9:00-9:15am Restore the Core Kristin H. (S2)	9:00-10:00am Aquacise Katie	9:00-9:45am Wild Water Workout Mona	
9:15-10:00am Hatha Yoga Terri	9:20-10:20am BODY PUMP Terrill (S1)	9:15-10:00am Hatha Yoga Terri	9:20-10:20am BODY PUMP Terrill (S1)	9:15-10:00am Hatha Yoga Varies	9:00-10:00am Sat. Yoga Varies	
	9:20-9:50am Cardio Express Amy (S2)		9:20-9:50am Cardio Express Amy (S2)		9:00-10:00am BODY PUMP Varies (S1)	
10:01-10:45am Zumba Julie V. (S2)	9:50-10:20am Strength Express Amy (S2)	10:01-10:45am Zumba Kristin H. (S2)	9:50-10:20am Strength Express Amy (S2)	10:01-10:45am Zumba Kristina (S2)	10:16-11:00am Zumba Varies (S2)	
10:00-10:45am Senior Shape Up Carol (S1)	10:20-10:50am Stretch Express (Meditative Studio) Bunny		10:20-10:50am Stretch Express (Meditative Studio) Bunny	10:00-10:45am Senior Shape Up Kaylee/Amy (S1)		
11:00am-12:00pm BODY PUMP Terrill (S1)		11:00am-12:00pm BODY PUMP Terrill (S1)		11:00am-12:00pm BODY PUMP Judy (S1)		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:10-12:50pm Cycling Meaghan		12:10-12:50pm Cycling Kristi		12:10-12:50pm Cycling Meaghan		Y opens at noon
	12:10-12:50pm Sculpt & Tone Kristin H. (S1)		12:10-12:50pm Sculpt & Tone Kristin H. (S1)			12:15-1:15pm BODY PUMP Varies (S1)
1:00-1:45pm Young at Heart Kristina (Pool)		1:00-1:45pm Young at Heart Kristina (Pool)		1:00-1:45pm Young at Heart Kristina (Pool)		

EVENING CLASSES (4:00-8:00PM)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00-4:15pm Restore the Core Kristin H./Jill (S1)	4:16-5:00pm Zumba Julie V. (S2)	4:15-5:00pm Hatha Yoga Karen	4:16-5:00pm Zumba Shannon (S2)	4:16-5:00pm Zumba Rebecca (S2)	Note: Tues. & Thurs. 4:15pm Zumba and Wed. 4:15pm Yoga are "Family Friendly"...meaning any child age 8-12 can come with one or both parents.	
4:15-5:00pm J&K's Cardio Explosion Kristin H./Jill (S1)	4:45-5:30pm Wild Water Workout Terrill	4:15-5:15pm BODY PUMP Kristin K. (S2)	4:45-5:30pm Wild Water Workout MaryJane			
		4:30-5:15pm Hydrorider Kristina				
5:15-5:30pm Restore the Core Kristina (S1)	5:30-6:30pm Water Volleyball Terrill	5:15-5:30pm Restore the Core Amy (S1)				
5:30-6:15pm Step Aerobics Kristina (S1)		5:30-6:15pm Step Aerobics Amy (S1)				
5:15-6:15pm Power/Ashtanga Yoga Mona	5:15-6:15pm Hatha Yoga Vanessa	5:15-6:15pm Power/Ashtanga Yoga Janene	5:15-6:15pm Hatha Yoga Chris			
5:31-6:15pm Zumba Julie V. (S2)	5:16-6:00pm Zumba Maggie (S1)	5:31-6:15pm Zumba Maggie (S2)	5:16-6:00pm Zumba Shannon (S1)			
5:30-6:15pm Cycling Paula	5:30-6:15pm Cycling Becky/Abbie	5:30-6:15pm Cycling Rachael	5:30-6:15pm Cycling Judy			
5:30-6:15pm Aqua Power Estelle	5:30-6:20pm BODY PUMP Melanie (S2)	5:30-6:15pm Aqua Power Kristina	5:30-6:30pm BODY PUMP Melanie (S2)	Note: Tuesday Body Pump is only 50 min. followed by 40 min. Turbo Step		
6:20--7:00pm Warm Water Stretch Julie L.	6:20-7:00pm Turbo Step Melanie (S2)	6:30-7:15pm Hydrorider Kristina			Warm Water Stretch is held in Avera's Heated Therapy Pool	
6:30-7:30pm Yoga Sculpt Gina						
6:30-7:30pm BODY PUMP Paula (S1)		6:30-7:30pm BODY PUMP Stacy O. (S1)				
7:01-7:45pm Zumba Maggie (S2)		7:01-7:45pm Zumba Shannon (S2)				

*Classes in "PURPLE" are all Cycling Classes and take place in our Cycling Studio.

*Classes in "GREEN" are all Yoga Classes and take place in our Meditative Studio.

*Classes in "BLUE" are all Pool Classes and take place in our Aquatics Center

*Classes in "BLACK" are all Group Fitness Classes and take place in either Studio 1(S1) or 2(S2).

*Classes in "RED" are all BODY PUMP Classes and take place in either Studio 1(S1) or 2(S2).

*Classes in "ORANGE" are all Zumba Classes and take place in either Studio 1(S1) or 2(S2).

All participants must be at least 13 years old to participate in 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.

Classes are subject to change without prior notice. Revised: 1-27-12