



ABERDEEN FAMILY YMCA

LAND & WATER GROUP FITNESS SCHEDULE

WINTER/SPRING 2017 (Jan/Feb/Mar/Apr/May)

OVER 100 GROUP FITNESS CLASSES THAT ARE INCLUDED WITH YOUR MEMBERSHIP!

WANT TO SEE THE CLASS DESCRIPTIONS? VISIT US ONLINE: www.aberdeenymca.org!

If you are new or returning to exercise, inform your instructor and they will show you modifications. **REVISED: 2/25/2017**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am BODY COMBAT Tonya (S1)	5:30-6:30am BODY PUMP Paula (S1)		5:30-6:30am BODY PUMP Estelle (S1)	5:30-6:30am BODY COMBAT Paula (S1)		
5:45-6:30am Cycling Abbie	5:35-6:30am Water Wake Up Bruce	5:45-6:30am Cycling Blake	5:35-6:30am Water Wake Up Bruce	5:45-6:30am Cycling Jackie		
	6:30-7:00am Stretch Express Amy (Med. Studio)		6:30-7:00am Stretch Express Amy (Med. Studio)	7:00-8:00am Friday am Yoga Janene		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:00am Cycling Dixie/Judy		8:15-9:00am Cycling Terrill		8:15-9:00am Cycling Terrill	8:00-8:45am Cycling Jamie/Varies	
	8:15-9:00am Zumba Sarah (S2)	9:00-9:45am Sculpt & Tone Kristin H (S1)	8:15-9:00am Zumba Emily (S2)		8:00-8:50am BODY COMBAT Amy (S1)	
9:00-9:45am Aquacise Rene/Varies	9:00-9:15am Restore the Core Terrill/Amy (TRX)	9:00-9:45am Aquacise Mary K.	9:00-9:15am Restore the Core Amy (TRX)	9:00-9:45am Aquacise Paula	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)	9:45-10:00am Restore the Core Kristina (TRX)	9:20-9:50am Cardio Express Amy (S2)	9:00-10:00am BODY COMBAT Amy/Sarah (S1)	9:00-10:00am BODY PUMP Varies (S1)	
10:00-10:45am Senior Shape Up Carol (S1)	9:50-10:20am Strength Express Amy (S2)		9:50-10:20am Strength Express Amy (S2)	10:00-10:45am Senior Shape Up Kaylee/Amy (S1)		
10:00-10:45am Zumba Jenna (S2)	10:30-11:00am Stretch Express Jane Ann (Med Studio)	10:00-10:45am Zumba Jenna (S2)	10:30-11:00am Stretch Express Jane Ann (Med Studio)		10:15-11:00am Zumba Varies (S2)	
	*10:30-11:30am Zumba Gold Carol (S2)	*10:00-10:45am Zumba Gold Jessica (S1)				
11:00am-12:00pm BODY PUMP Terrill/Amy (S1)	11:00am-12:00pm BODY COMBAT Amy (S1)	11:00am-12:00pm BODY PUMP Terrill (S1)	11:00am-12:00pm BODY COMBAT Sarah (S1)	11:00am-12:00pm BODY PUMP Judy (S1)		
11:00-11:45am Young at Heart Varies (Pool)		11:00-11:45am Young at Heart Rene (Pool)		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 BODY COMBAT Amy (S1)	12:10-12:50pm Sculpt & Tone Amy (S1)	12:10-12:50pm BODY COMBAT Amy(S1)	12:10-12:50pm Sculpt & Tone Sarah (S1)	12:10-12:50pm BODY COMBAT Lucy (S1)		12:15-1:15pm BODY PUMP Varies (S1)
12:10-12:50pm Cycling Brooke/Sarah		12:10-12:50pm Cycling Kristi		12:10-12:50pm Cycling Sarah/Brooke		*1:15-2:00pm Zumba Varies (S2)
		12:10-12:50pm Noon Yoga Janene & Colleen		12:10-12:50pm Noon Yoga Colleen		1:30-2:30pm BODY COMBAT Varies(S1)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:15-5:15pm BODY COMBAT Sarah (S1)	*4:15-5:00pm Zumba Latorya (S2)	*4:15-5:00pm Zumba Kristin T. (S2)	*4:15-5:00pm Zumba Adele (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	
4:15-5:15pm BODY PUMP Estelle (S2)	*4:30-5:15pm Zumba Gold Carol (S1)	4:15-5:15pm BODY PUMP Amy (S1)				
	4:15-5:00pm Cycling Jolene		4:15-5:00pm Cycling Brooke			4:30-5:30pm Yoga Basics Colleen
5:15-5:30pm Restore the Core Amy/Sarah (S1)	4:45-5:30pm Wild Water Workout	5:15-5:30pm Restore the Core Amy (S1)	4:45-5:30pm Wild Water Workout			
5:30-6:15pm Step Aerobics Amy (S1)	5:30-6:30pm Water Volleyball Mary/Jane					
5:15-6:15pm Power Yoga Mona	5:15-6:15pm Anusara Elements Tanya	5:15-6:15pm Power Yoga Janene	5:15-6:15pm Hatha Yoga Janene/Karen			
5:30-6:15pm Zumba Gold Carol (S2)	5:15-6:00pm Zumba Jessica (S2)		5:15-6:00pm Zumba Jessica (S2)			
	5:30-6:30pm BODY PUMP Melanie (S1)	5:30-6:30pm BODY COMBAT Melanie (S1)	5:30-6:30pm COMBAT/PUMP Melanie/Stacy (S1)	Note: Combat and Pump will alternate every other Thursday.		
5:30-6:15pm Cycling Brooke/Erin	5:30-6:15pm Cycling Becky	5:30-6:15pm Cycling Abbie	5:30-6:15pm Cycling Jolene			
5:30-6:15pm Aqua Power Estelle		5:30-6:15pm Aqua Power Kelli				
6:30-7:15pm Zumba Emily (S2)		6:15-7:15pm Hydrorider Kelli				
6:30-7:30pm BODY COMBAT Paula (S1)						

WANT THE SCHEDULE
ON YOUR SMARTPHONE?

scan here.



CLASS KEY:

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

- Cycling Classes (Cycling Studio)
- Zumba Classes (S1 or S2)
- Yoga Classes (Meditative Studio)
- BODYCOMBAT (S1 or S2)
- Aquatic Classes (Aquatics Center)
- Other Group Fitness Classes (S1, S2, or the Healthy Living Center)
- BODYPUMP (S1 or S2)

*CLASSES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

- 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.

REVISED: 2/25/2017