



# ABERDEEN FAMILY YMCA

## LAND & WATER GROUP FITNESS SCHEDULE

### WINTER/SPRING 2019 (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](http://www.aberdeenymca.org)!

If you are new or returning to exercise, inform your instructor and they will show you modifications. **REVISED: 1/11/2019**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>5:30-6:30am</b> <b>BODY PUMP</b> Paula (S1)		<b>5:30-6:30am</b> <b>BODY PUMP</b> Estelle (S1)	<b>5:10-5:40am</b> Kettlebell Amy (TRX)		
	<b>5:35-6:30am</b> Water Wake Up Bruce		<b>5:35-6:30am</b> Water Wake Up Bruce	<b>5:30-6:30am</b> <b>BODY COMBAT</b> Paula (S1)		
<b>5:30-6:30am</b> <b>BODY COMBAT</b> Tonya (S1)	<b>5:45-6:15am</b> GRIT Amy/Erin (S2)	<b>5:45-6:15am</b> GRIT Tonya/Shannon (S1)		<b>5:50-6:20am</b> Kettlebell Amy (TRX)		
<b>5:45-6:15am</b> <b>SPRINT</b> Paula	<b>5:45-6:15am</b> <b>SPRINT</b> Erin/Estelle	<b>5:45-6:30am</b> Cycling Blake	<b>5:45-6:15am</b> <b>SPRINT</b> Amy	<b>5:45-6:30am</b> Cycling/ <b>SPRINT</b> Jackie/Estelle		
	<b>6:30-7:00am</b> Stretch Express Amy (Med Studio)		<b>6:30-7:00am</b> Stretch Express Amy (Med Studio)		<b>7:15-7:45am</b> GRIT (S1) Shannon/Matt	

**Friday**  
**5:45-6:30am**  
 CYCLING will be a SPRINT class on Estelles rotation. It will remain a 45 min class, but the SPRINT will be held 5:50-6:20am

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:15-9:00am</b> Cycling/ <b>SPRINT</b> Dixie/Judy	<b>8:15-8:45am</b> Boot Camp Express Amy (TRX)	<b>8:15-9:00am</b> <b>SPRINT</b> Terrill	<b>8:15-8:45am</b> GRIT Brooke (S1)	<b>8:15-9:00am</b> <b>SPRINT</b> Terrill	<b>8:00-8:45am</b> Cycling Jamie/Michelle	
<b>9:10-9:40am</b> Kettlebell Amy (TRX)		<b>9:00-9:45am</b> Sculpt & Tone Kristin H (S1)	<b>8:15-9:00am</b> <b>Dance Fitness</b> Rebecca Orr (S2)	<b>9:10-9:40am</b> Kettlebell Erin W. (TRX)	<b>8:00-8:50am</b> <b>BODY COMBAT</b> Amy (S1)	
<b>9:00-9:45am</b> Aquacise Varies	<b>9:00-9:15am</b> Restore the Core Amy (TRX)	<b>9:00-9:45am</b> Aquacise Mary K.	<b>9:00-9:15am</b> Restore the Core Amy (TRX)	<b>9:00-9:45am</b> Aquacise Donnell	<b>9:00-9:45am</b> Wild Water Workout -Mona	
<b>9:00-9:30am</b> GRIT Jussy (S1)	<b>9:20-10:20am</b> <b>BODY PUMP</b> Terrill (S1)	<b>9:00-9:30am</b> GRIT Brooke (S2)	<b>9:20-10:20am</b> <b>BODY PUMP</b> Terrill (S1)	<b>9:00-10:00am</b> <b>BODY COMBAT</b> Amy/Sarah (S1)	<b>9:00-10:00am</b> <b>BODY PUMP</b> Varies (S1)	
<b>9:15-10:00am</b> Hatha Yoga Terri	<b>9:20-9:50am</b> Cardio Express Amy (S2)	<b>9:15-10:00am</b> Yin Yoga Terri	<b>9:20-9:50am</b> Cardio Express Amy (S2)	<b>9:15-10:00am</b> Hatha Yoga Jeannie	<b>9:00-10:00am</b> Sat. Yoga Varies	
<b>10:00-10:45am</b> Senior Shape Up Carol (S1)	<b>9:50-10:20am</b> Strength Express Amy (S2)		<b>9:50-10:20am</b> Strength Express Amy (S2)	<b>10:00-10:45am</b> Senior Shape Up Kaylee/Amy (S1)	<b>10:15-10:45am</b> <b>SPRINT</b> Jessica/Erin	
	<b>10:30-11:00am</b> Stretch Express Jane Ann(Med Studio)	<b>10:00-10:45am</b> Zumba Kristin H (S2)	<b>10:30-11:00am</b> Stretch Express Jane Ann(Med Studio)		<b>10:15-11:00am</b> Zumba Varies (S2)	
	<b>*10:30-11:30am</b> Zumba Gold Carol (S2)	<b>*10:00-10:45am</b> Zumba Gold Jessica (S1)				
<b>11:00am-12:00pm</b> <b>BODY PUMP</b> Amy (S1)	<b>11:00am-12:00pm</b> <b>BODY COMBAT</b> Amy (S1)	<b>11:00am-12:00pm</b> <b>BODY PUMP</b> Terrill (S1)	<b>11:00am-12:00pm</b> <b>BODY COMBAT</b> Sarah (S1)	<b>11:00am-12:00pm</b> <b>BODY PUMP</b> Judy (S1)		
<b>11:00-11:45am</b> Young at Heart Brenda/Rene (Pool)		<b>11:00-11:45am</b> Young at Heart Donnell (Pool)		<b>11:00-11:45am</b> Young at Heart Varies (Pool)		

**Mon-Wed-Fri**  
**8:15-9:00am**  
 CYCLING will remain a 45 min class, but the SPRINT will be held 8:20-8:50am  
**Note:** Monday Sprint will be every other week

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:10-12:50pm <b>BODY COMBAT</b> Amy (S1)	12:10-12:50pm Sculpt & Tone Amy (S1)	12:10-12:50pm <b>BODY COMBAT</b> Amy(S1)	12:10-12:50pm Sculpt & Tone Sarah (S1)			12:15-1:15pm <b>BODY PUMP</b> Varies (S1)
				12:10-12:40pm GRIT Amy/Sarah (S1)		12:30-1:30pm Yoga Basics Janene
12:15-12:45pm <b>SPRINT</b> Brooke/Sarah		12:10-12:50pm Cycling Varies	12:15-12:45pm <b>SPRINT</b> Brooke	12:15-12:45pm <b>SPRINT</b> Brooke/Sarah		*1:15-2:00pm Zumba Varies (S2)
			12:10-12:50pm Hatha Yoga Jolene	12:10-12:50pm Hatha Yoga Janene		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:15-5:15pm <b>BODY COMBAT</b> Sarah (S1)	*4:15-5:00pm Zumba Kristin T. (S2)	*4:15-5:00pm Zumba Jenna (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 <b>BODY PUMP</b> Estelle (S2)	*4:30-5:15pm Zumba Gold Carol (S1)	4:15-5:15pm <b>BODY PUMP</b> Amy (S1)	4:15-4:45pm GRIT Matt (S1)			
	4:15-4:45pm <b>SPRINT</b> Brooke		4:15-4:45pm <b>SPRINT</b> Estelle			
5:15-5:30pm Restore the Core Amy/Sarah (S1)	4:45-5:30pm Wild Water Workout Mary/Jane	5:15-5:30pm Restore the Core Amy (S1)	4:45-5:30pm Wild Water Workout Mary/Jane			
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 Hips/Leg/Core Yoga Janene/Karen	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 <b>BODY PUMP</b> Judy (S1)	5:30-6:30pm <b>BODY COMBAT</b> Tonya (S1)	5:30-6:30pm <b>BODY PUMP</b> Stacy (S1)			
5:30-6:15pm Cycling Craig	5:30-6:15pm Cycling Becky	5:30-6:00pm <b>SPRINT</b> Jessica	5:30-6:15pm Open Bike Night Criag	There will be a movie with Open Bike Night		

5:30-6:15pm Aqua HIIT Estelle	5:30-6:15pm Aqua HIIT Kelli
6:30-7:15pm Zumba Jeannie H. (S2)	6:30-7:15pm Hydrorider Kelli
6:30-7:30pm <b>BODY COMBAT</b> 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.

<span style="background-color: purple; color: white; padding: 2px;">■</span> <b>Cycling Classes (Cycling Studio)</b>	<span style="background-color: teal; color: white; padding: 2px;">■</span> <b>LesMills BODY COMBAT (S1 or S2)</b>
<span style="background-color: lightblue; color: white; padding: 2px;">■</span> <b>Yoga Classes (Meditative Studio)</b>	<span style="background-color: gray; color: white; padding: 2px;">■</span> <b>LesMills GRIT (S1 or S2)</b>
<span style="background-color: blue; color: white; padding: 2px;">■</span> <b>Aquatic Classes (Aquatic Center)</b>	<span style="background-color: yellow; color: black; padding: 2px;">■</span> <b>LesMills SPRINT (Cycling Studio)</b>
<span style="background-color: red; color: white; padding: 2px;">■</span> <b>LesMills BODY PUMP (S1 or S2)</b>	<span style="background-color: black; color: white; padding: 2px;">■</span> <b>Other Group Fitness Classes (S1, S2, TRX Studio)</b>
<span style="background-color: orange; color: white; padding: 2px;">■</span> <b>Zumba Classes (S1 or S2)</b>	

- 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 1/11/2019