



ABERDEEN FAMILY YMCA

LAND & WATER GROUP FITNESS SCHEDULE

SUMMER 2019 (June/July/August)

OVER 100 GROUP FITNESS CLASSES THAT ARE INCLUDED WITH YOUR MEMBERSHIP!
 WANT TO SEE THE CLASS DESCRIPTIONS? VISIT US ONLINE: www.aberdeenyumca.org

If you are new or returning to exercise, inform your instructor and they will show you modifications. REVISED: 5/25/2019

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:00am Cycling/ SPRINT Dixie/Judy	8:15-8:45am Boot Camp Express Amy (TRX)	8:15-9:00am SPRINT Terrill	8:15-8:45am GRIT Brooke (S1)	8:15-9:00am SPRINT Terrill	8:00-8:45am Cycling Michelle/Varies	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
					8:00-8:50am BODY COMBAT Amy (S1)	
9:00-9:45am Aquacise Varies	9:00-9:15am Restore the Core Amy (TRX)	9:00-9:45am Aquacise Mary K.	9:00-9:15am Restore the Core Amy (TRX)	9:00-9:45am Aquacise Donnell	9:00-9:45am Wild Water Workout -Mona	
9:00-9:30am GRIT Jussy (S1)	9:20-10:20am BODY PUMP Terrill (S1)	9:00-9:30am GRIT Brooke (S2)	9:20-10:20am BODY PUMP Terrill (S1)	9:00-10:00am BODY COMBAT Amy/Sarah (S1)	9:00-10:00am BODY PUMP Varies (S1)	
9:15-10:00am Hatha Yoga Terri	9:20-9:50am Cardio Express Amy (S2)	9:15-10:00am Yin Yoga Terri	9:20-9:50am Cardio Express Amy (S2)	9:15-10:00am Hatha Yoga Vicki/Lizz	9:00-10:00am Sat. Yoga Varies	← Held at Wylie Park weather permitting
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)	10:15-10:45am SPRINT Jessica/Erin	
	10:30-11:00am Stretch Express Jane Ann(Med Studio)		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)					
11:00am-12:00pm BODY PUMP Amy (S1)	11:00am-12:00pm BODY COMBAT Amy (S1)	11:00am-12:00pm BODY PUMP Amy (S1)	11:00am-12:00pm BODY COMBAT Sarah (S1)	11:00am-12:00pm BODY PUMP Judy (S1)		
11:00-11:45am Young at Heart Brenda/Rene (Pool)		11:00-11:45am Young at Heart Donnell (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)			12:15-1:15pm BODY PUMP Varies (S1)
				12:10-12:40pm GRIT Amy/Sarah (S1)		12:30-1:30pm Yoga Basics Janene/Varies
12:15-12:45pm SPRINT Brooke/Sarah		12:10-12:50pm Cycling Varies	12:15-12:45pm SPRINT Brooke	12:15-12:45pm SPRINT Brooke/Sarah		*1:15-2:00pm Zumba Varies (S2)
				12:10-12:50pm Hatha Yoga Jolene		

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 Kristin T. (S2)	*4:15-5:00pm Zumba Varies (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)				
	4:15-4:45pm SPRINT Brooke		4:15-4:45pm SPRINT 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		4:50-5:20pm GRIT Matt/Estelle (S1)			
5:15-6:15pm Power Yoga Mona	5:15-6:15pm Hips/Leg/Core Yoga Varies	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 Kristin T. (S2)		5:15-6:00pm Zumba Jeannie H. (S2)			
	5:30-6:30pm BODY PUMP Judy (S1)	5:30-6:30pm BODY COMBAT Tonya (S1)	5:30-6:30pm BODY PUMP Stacy (S1)			
5:30-6:15pm Cycling Erin	5:30-6:15pm Cycling Becky	5:30-6:00pm SPRINT Jessica				
5:30-6:15pm Aqua HIIT Estelle		5:30-6:15pm Aqua HIIT Kelli				
6:30-7:15pm Zumba Jeannie H. (S2)						
6:30-7:30pm 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)**
- LesMills BODY COMBAT (S1 or S2)**
- Yoga Classes (Meditative Studio)**
- LesMills GRIT (S1 or S2)**
- Aquatic Classes (Aquatic Center)**
- LesMills SPRINT (Cycling Studio)**
- LesMills BODY PUMP (S1 or S2)**
- Other Group Fitness Classes (S1, S2, TRX Studio)**
- Zumba Classes (S1 or 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 5/25/2019