



**STARTS
TUESDAY
SEPT 8**

ABERDEEN FAMILY YMCA LAND GROUP FITNESS SCHEDULE FALL/WINTER 2020(Sept/Oct/Nov/Dec)

OFFERING OVER 50 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: 8/24/2020**

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|---|----------|--------|
| 5:30-6:30am BODY COMBAT Tonya (Gym) | 5:45-6:15am SPRINT (Gym) Erin/Estelle | 5:45-6:15am GRIT (Gym) Tonya/Shannon | 5:15-6:00am PUMP 6:00-6:30am SPRINT Estelle (Gym) ← | 5:30-6:30am BODY COMBAT Paula (Gym) | | |
| | 5:35-6:30am Water Wake Up Bruce (Pool) | | 5:35-6:30am Water Wake Up Bruce (Pool) | | | |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|---|---|
| | | 8:15-9:00am SPRINT Terrill (Gym) | 8:15-8:45am GRIT Brooke (Gym) | 8:15-9:00am SPRINT Terrill (Gym) | 8:00-9:00am BODY COMBAT Amy (Gym) | |
| 9:00-9:45am Aquacise Varies (Pool) | | 9:00-9:45am Aquacise Mary K. (Pool) | | 9:00-9:45am Aquacise Donnell (Pool) | 9:00-9:45am Wild Water Workout Mona (Pool) | |
| 9:00-9:30am GRIT Brooke (Gym) | 9:20-10:20am BODY PUMP Terrill (Gym) | | 9:20-10:20am BODY PUMP Terrill (Gym) | 9:00-10:00am BODY COMBAT Sarah (Gym) | 9:00-10:00am BODY PUMP Amy (Gym) | |
| 9:15-10:00am Hatha Yoga Vicki (Med) | 10:30-11:15am Zumba Gold Carol (Gym) | 9:15-10:00am Yin Yoga Lizz (Med) | | 9:15-10:00am Hatha Yoga Lizz/Vicki (Med) | 9:00-10:00am Sat. Yoga Varies (Med) | |
| 11:00am-12:00pm BODY PUMP Judy (Gym) | | 11:00am-12:00pm BODY PUMP Estelle (Gym) | | 11:00am-12:00pm BODY PUMP Estelle (Gym) | 10:10-10:40am SPRINT (Gym) Amy/Erin ← | 12:15-1:15pm BODY PUMP Judy (Gym) |
| 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) | 10:45-11:30am Zumba Varies (Gym) ← | |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|----------|---------------------------------------|
| 12:10-12:50pm BODY COMBAT Sarah (Gym) | 12:10-12:50pm BODY COMBAT Sarah (Gym) | 12:10-12:50pm BODY COMBAT Sarah (Gym) | 12:15-12:45pm SPRINT Brooke (Gym) | 12:15-12:45pm SPRINT (Gym) Sarah/Judy | | |
| | | | | 12:10-12:50pm Hatha Yoga Janene (Med) | | *1:15-2:00pm Zumba Varies (Gym) |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|--|----------|--|
| 4:15-5:15pm BODY PUMP Estelle (Gym) | *4:15-5:00pm Zumba Kristin T. (Gym) | 4:45-5:15pm SPRINT Judy (Gym) | *4:15-5:00pm Zumba Kari (Gym) | *4:15-5:00pm Zumba (Gym) Merry/Kristin | | |
| 5:30-6:00pm SPRINT Estelle (Gym) | 4:45-5:30pm Wild Water Workout Mary/Jane (Pool) | | 4:45-5:30pm Wild Water Workout Mary/Jane (Pool) | | | <div style="background-color: #0070C0; color: white; padding: 10px; font-weight: bold;">Temporary Class</div> |
| | 5:15-6:00pm Zumba Kristin T. (Gym) | | 5:15-6:00pm Zumba Adele (Gym) | | | |
| 5:15-6:15pm Power Yoga Janene (Med) | 5:15-6:15pm Hatha Yoga Donna (Med) | 5:15-6:15pm Power Yoga Janene/Donna (Med) | 5:15-6:15pm Hatha Yoga Janene/Karen/Donna (Med) | | | <div style="background-color: #FF0000; color: white; padding: 10px; font-weight: bold;">Note Time Change</div> |
| | 6:05-7:05pm BODY PUMP Judy (Gym) | 5:30-6:30pm BODY COMBAT Tonya (Gym) | | | | |
| 6:30-7:15pm Zumba Adele (Gym) | | | | | | |

PERSONAL TRAINING AVAILABLE WITH A GROUP FITNESS INSTRUCTOR FOR ANY CLASSES. CONTACT TERRILL MEIER FOR INFO at tmeier@aberdeenymca.org

*CLASSES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

REVISED: 8/24/2020