



# ABERDEEN FAMILY YMCA

## LAND & WATER GROUP FITNESS SCHEDULE

### FALL/WINTER 2020 (Oct-Nov-Dec)

**OVER 70 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: 10/20/2020**

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

| MONDAY | TUESDAY                                      | WEDNESDAY                                       | THURSDAY  | FRIDAY  | SATURDAY | SUNDAY |
|--------|--|---|---|---|----------|--------|
|        |  |   | 5:10-5:55am<br><b>BODY PUMP</b><br>Estelle (S1) |   |          |        |
|        | 5:35-6:30am<br><b>Water Wake Up</b><br>Bruce |   | 5:35-6:30am<br><b>Water Wake Up</b><br>Bruce    | 5:30-6:30am<br><b>BODY COMBAT</b><br>Paula (S2) |          |        |
|        |  | 5:45-6:15am<br><b>GRIT</b><br>Erin/Shannon (S1) |   |   |          |        |
|        | 5:45-6:15am<br><b>SPRINT</b><br>Erin         |   | 6:00-6:30am<br><b>SPRINT</b><br>Estelle         | 5:45-6:15am<br><b>SPRINT</b><br>Judy            |          |        |

Combat will be held every other Saturday until further notice.  
Class held on...

- Oct 10
- Oct 24
- Nov 7
- Nov 21
- Dec 5

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

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY |
|--|--|--|--|---|---|--------|
| 8:15-9:00am<br><b>Cycling</b><br>Dixie/Michelle/Erin         |  | 8:15-9:00am<br><b>SPRINT</b><br>Terrill                  | 8:15-8:45am<br><b>GRIT</b><br>Brooke (S1)              | 8:15-9:00am<br><b>SPRINT</b><br>Terrill                 |   |        |
|  | 8:15-9:00am<br><b>Mat Pilates</b><br>Shannon           |  | 8:15-9:00am<br><b>Mat Pilates</b><br>Shannon           |   | 8:00-8:50am<br><b>BODY COMBAT</b><br>Amy (S2)     |        |
| 9:00-9:45am<br><b>Aquacise</b><br>Varies                     | 9:00-9:15am<br><b>Restore the Core</b><br>Estelle (S2) | 9:00-9:45am<br><b>Aquacise</b><br>Mary K.                | 9:00-9:15am<br><b>Restore the Core</b><br>Estelle (S2) | 9:00-9:45am<br><b>Aquacise</b><br>Donnell               | 9:00-9:45am<br><b>Wild Water</b><br>Workout -Mona |        |
| 9:00-9:30am<br><b>GRIT</b><br>Brooke (S1)                    | 9:20-10:20am<br><b>BODY PUMP</b><br>Terrill (S1)       |  | 9:20-10:20am<br><b>BODY PUMP</b><br>Terrill (S1)       | 9:00-9:45am<br><b>Zumba Silver</b><br>Sarah (S2)        | 9:00-10:00am<br><b>BODY PUMP</b><br>Varies (S1)   |        |
| 9:15-10:00am<br><b>Hatha Yoga</b><br>Vicki                   |  | 9:15-10:00am<br><b>Yin Yoga</b><br>Lizz                  |  | 9:15-10:00am<br><b>Hatha Yoga</b><br>Lizz/Vicki         | 9:00-10:00am<br><b>Sat. Yoga</b><br>Varies        |        |
|  | 9:30-10:15am<br><b>Fit Fashion</b><br>Estelle (S2)     |  | 9:30-10:15am<br><b>Fit Fashion</b><br>Estelle (S2)     |   | 10:15-10:45am<br><b>SPRINT</b><br>Amy/Erin        |        |
|  |  |  |  |   | 10:15-11:00am<br><b>Zumba</b><br>Varies (S2)      |        |
| 11:00am-12:00pm<br><b>BODY PUMP</b><br>Estelle (S1)          |  | 11:00am-12:00pm<br><b>BODY PUMP</b><br>Estelle (S1)      |  | 11:00am-12:00pm<br><b>BODY PUMP</b><br>Estelle (S1)     |   |        |
| 11:00-11:45am<br><b>Young at Heart</b><br>Brenda/Rene (Pool) |  | 11:00-11:45am<br><b>Young at Heart</b><br>Donnell (Pool) |  | 11:00-11:45am<br><b>Young at Heart</b><br>Varies (Pool) |   |        |

**Wed-Fri**  
**8:15-9:00am**

CYCLING will remain a 45 min class, but the SPRINT will be held 8:20-8:50am

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

| MONDAY                                     | TUESDAY                                  | WEDNESDAY                                  | THURSDAY                         | FRIDAY                                     | SATURDAY | SUNDAY                                 |
|--|--|--|----------------------------------|--|----------|--|
| 12:10-12:50pm<br>BODY COMBAT<br>Sarah (S2) | 12:15-12:45pm<br>GRIT<br>Sarah/Erin (S1) | 12:10-12:50pm<br>BODY COMBAT<br>Sarah (S2) |                                  | 12:10-12:50pm<br>BODY COMBAT<br>Sarah (S2) |          | 12:15-1:15pm<br>BODY PUMP<br>Judy (S1) |
| 12:15-12:45pm<br>SPRINT<br>Brooke          |  | 12:15-12:45pm<br>SPRINT<br>Estelle         | 12:15-12:45pm<br>SPRINT<br>Sarah | 12:15-12:45pm<br>SPRINT<br>Estelle         |          | 1:15-2:00pm<br>Zumba<br>Varies (S2)    |
|  |  |  |                                  | 12:10-12:50pm<br>Hatha Yoga<br>Janene      |          |  |

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

| MONDAY                                   | TUESDAY   | WEDNESDAY                                 | THURSDAY  | FRIDAY                                     | SATURDAY | SUNDAY |
|--|---|---|---|--|----------|--------|
|  | 4:15-5:00pm<br>Zumba<br>Kristin T. (S2)           |   | 4:15-5:00pm<br>Zumba<br>Merry (S2)                | 4:15-5:00pm<br>Zumba<br>Merry/Kristin (S2) |          |        |
| 4:15-5:15pm<br>BODY PUMP<br>Estelle (S1) |   | 4:15-5:15pm<br>BODY PUMP<br>Estelle (S1)  |   |  |          |        |
|  | 4:15-4:45pm<br>SPRINT<br>Brooke                   |   |   |  |          |        |
|  | 4:45-5:30pm<br>Wild Water<br>Workout<br>Mary/Jane |   | 4:45-5:30pm<br>Wild Water<br>Workout<br>Mary/Jane |  |          |        |
| 5:15-6:15pm<br>Power Yoga<br>Janene      | 5:15-6:15pm<br>Hatha Yoga<br>Donna                | 5:15-6:15pm<br>Power Yoga<br>Janene/Donna | 5:15-6:15pm<br>Hatha Yoga<br>Janene/Karen/Donna   |  |          |        |
|  | 5:15-6:00pm<br>Zumba<br>Kristin T. (S2)           |   | 5:15-6:00pm<br>Zumba<br>Adele (S2)                |  |          |        |
|  | 5:30-6:30pm<br>BODY PUMP<br>Judy (S1)             |   |   |  |          |        |
| 5:30-6:00pm<br>SPRINT<br>Estelle         |   | 5:30-6:00pm<br>SPRINT<br>Judy             |   |  |          |        |
| 6:30-7:15pm<br>Zumba<br>Adele (S2)       |   |   |   |  |          |        |

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="color: purple;">■</span> Cycling Classes (Cycling Studio) | <span style="color: teal;">■</span> LesMills BODY COMBAT (S1 or S2)                   |
| <span style="color: teal;">■</span> Yoga Classes (Meditative Studio)   | <span style="color: grey;">■</span> LesMills GRIT (S1 or S2)                          |
| <span style="color: blue;">■</span> Aquatic Classes (Aquatic Center)   | <span style="color: orange;">■</span> LesMills SPRINT (Cycling Studio)                |
| <span style="color: red;">■</span> LesMills BODY PUMP (S1 or S2)       | <span style="color: black;">■</span> Other Group Fitness Classes (S1, S2, TRX Studio) |
| <span style="color: orange;">■</span> 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 10/20/2020