



# ABERDEEN FAMILY YMCA

## LAND & WATER GROUP FITNESS SCHEDULE

### WINTER/SPRING 2021 (Jan-Feb-Mar-April-May)

**OVER 65 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: 2/15/2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			5:10-5:55am <b>BODY PUMP</b> Estelle (S1)	5:10-5:40am Kettlebell Shannon (TRX)		
5:30-6:30am <b>BODY COMBAT</b> Paige (S2)	5:35-6:30am Water Wake Up Bruce		5:35-6:30am Water Wake Up Bruce	5:30-6:30am <b>BODY COMBAT</b> Paula (S2)		
		6:00-6:30am GRIT Erin/Shannon (S1)				
	5:45-6:15am <b>SPRINT</b> Erin		6:00-6:30am <b>SPRINT</b> Estelle	5:45-6:15am <b>SPRINT</b> Judy		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:00am <b>Cycling/SPRINT</b> Dixie/Michelle/Erin		8:15-9:00am <b>SPRINT</b> Terrill	8:15-8:45am GRIT Brooke (S1)	8:15-9:00am <b>SPRINT</b> Terrill	8:00-8:50am <b>BODY COMBAT</b> Paige (S2)	<b>Wed-Fri 8:15-9:00am</b> CYCLING will remain a 45 min class, but the SPRINT will be held 8:20-8:50am
	8:15-9:00am Mat Pilates Shannon		8:15-9:00am Mat Pilates Shannon			
9:00-9:45am <b>Aquacise</b> Varies	9:00-9:15am Restore the Core Estelle (S2)	9:00-9:45am <b>Aquacise</b> Mary K.	9:00-9:15am Restore the Core Estelle (S2)	9:00-9:45am <b>Aquacise</b> Donnell	9:00-9:45am <b>Wild Water</b> Workout -Mona	
9:00-9:30am GRIT Brooke (S1)	9:20-10:20am <b>BODY PUMP</b> Terrill (S1)		9:20-10:20am <b>BODY PUMP</b> Terrill (S1)		9:00-10:00am <b>BODY PUMP</b> Varies (S1)	
9:15-10:00am Hatha Yoga Lizz		9:15-10:00am Yin Yoga Lizz		9:15-10:00am Hatha Yoga Lizz	9:00-10:00am Sat. Yoga Varies	
	9:30-10:15am Fit Fashion Estelle (S2)		9:30-10:15am Fit Fashion Estelle (S2)		10:15-10:45am <b>SPRINT</b> Erin/Varies	
	10:30-11:15am <b>Zumba Gold</b> Erica (S2)		10:30-11:15am <b>Zumba Gold</b> Erica (S2)		10:15-11:00am <b>Zumba</b> Varies (S2)	
11:00am-12:00pm <b>BODY PUMP</b> Estelle (S1)		11:00am-12:00pm <b>BODY PUMP</b> Estelle (S1)		11:00am-12:00pm <b>BODY PUMP</b> Estelle (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 <b>BODY COMBAT</b> Sarah (S2)	12:15-12:45pm GRIT Sarah/Erin (S1)	12:10-12:50pm <b>BODY COMBAT</b> Sarah (S2)	12:15-12:45pm GRIT Sarah (S1)	12:10-12:50pm <b>BODY COMBAT</b> Sarah (S2)		12:15-1:15pm <b>BODY PUMP</b> Judy (S1)
	12:15-12:45pm <b>SPRINT</b> Brooke	12:15-12:45pm <b>SPRINT</b> Estelle		12:15-12:45pm <b>SPRINT</b> Estelle		1:15-2:00pm Zumba Varies (S2)

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

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

- Cycling Classes (Cycling Studio)**
- Yoga Classes (Meditative Studio)**
- Aquatic Classes (Aquatic Center)**
- LesMills BODY PUMP (S1 or S2)**
- Zumba Classes (S1 or S2)**
- LesMills BODY COMBAT (S1 or S2)**
- LesMills GRIT (S1 or S2)**
- LesMills SPRINT (Cycling Studio)**
- Other Group Fitness Classes (S1, S2, TRX Studio)**

- 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 2/15/2021