



ABERDEEN FAMILY YMCA

LAND & WATER GROUP FITNESS SCHEDULE

SUMMER 2021 (June-July-August)

OVER 70 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: 6/1/2021**

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:00am Cycling/ SPRINT Dixie/Michelle/Erin		8:15-9:00am SPRINT Terrill	8:15-8:45am GRIT Brooke (S1)	8:15-9:00am SPRINT Terrill	8:00-8:50am BODY COMBAT Amy/Paige (S2)	Wed-Fri 8:15-9:00am 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 Aquacise Varies	9:00-9:15am Restore the Core Estelle (S2)	9:00-9:45am Aquacise Mary K.	9:00-9:15am Restore the Core Estelle (S2)	9:00-9:45am Aquacise Varies	9:00-9:45am Wild Water Workout -Mona	
9:00-9:30am GRIT Brooke (S1)	9:20-10:20am BODY PUMP Terrill (S1)		9:20-10:20am BODY PUMP Terrill (S1)		9:00-10:00am BODY PUMP Varies (S1)	
9:15-10:00am Hatha Yoga Janene		9:15-10:00am Yin Yoga Vicki		9:15-10:00am Hatha Yoga Jon	9:00-10:00am Sat. Yoga WYLIE Varies	
	9:30-10:15am Fit Fushion Estelle (S2)		9:30-10:15am Fit Fushion Estelle (S2)		10:15-10:45am SPRINT Amy/Varies	
	10:30-11:15am Zumba Gold Carol (S2)		10:30-11:15am Zumba Gold Erica (S2)		10:15-11:00am Zumba Varies (S2)	
11:00am-12:00pm BODY PUMP Estelle (S1)		11:00am-12:00pm BODY PUMP Estelle (S1)		11:00am-12:00pm BODY PUMP Estelle (S1)		
11:00-11:45am Young at Heart Rene (Pool)		11:00-11:45am Young at Heart Varies (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 Sarah (S2)	12:15-12:45pm GRIT Sarah (S1)	12:10-12:50pm BODY COMBAT Sarah (S2)	12:15-12:45pm GRIT Sarah/Erin (S1)	12:10-12:50pm BODY COMBAT Sarah (S2)		12:15-1:15pm BODY PUMP Judy (S1)
12:15-12:45pm SPRINT Brooke		12:15-12:45pm SPRINT 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 BODY PUMP Estelle (S1)		4:15-5:15pm BODY PUMP Estelle (S1)				
	4:15-4:45pm SPRINT Brooke					
	4:45-5:30pm Wild Water Workout Mary/Jane		4:45-5:30pm Wild Water Workout Mary/Jane			
	5:30-6:30pm Water Volleyball Mary/Jane					
5:15-6:15pm Power Yoga Janene	5:15-6:15pm Hatha Yoga WYLIE Donna	5:15-6:15pm Power Yoga Janene/Donna	5:15-6:15pm Hatha Yoga WYLIE Janene/Karen/Donna			
	5:15-6:00pm Zumba Kristin T. (S2)		5:15-6:00pm Zumba Adele (S2)			
5:30-6:15pm Zumba Gold Carol (S2)	5:30-6:30pm BODY PUMP Judy (S1)	5:30-6:30pm BODY COMBAT Paige (S2)				
5:30-6:00pm SPRINT Estelle		5:30-6:00pm SPRINT Judy	5:30-6:00pm SPRINT Jessica			
6:30-7:15pm Zumba Adele (S2)						

YOGA AT WYLIE (STARTS JUNE 1ST)

- TUESDAY 5:15PM YOGA
 - THURSDAY 5:15PM YOGA
 - SATURDAY 9:00AM YOGA
- WILL BE HELD AT WYLIE FOR THE SUMMER (JUNE-AUG) IN CASE OF BAD WEATHER THE CLASS WILL MOVE INDOORS.

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 6/1/2021