



# ABERDEEN FAMILY YMCA

## LAND & WATER GROUP FITNESS SCHEDULE

### Fall/Winter 2021 (Sept-Oct-Nov-Dec)

**OVER 95 GROUP FITNESS CLASSES THAT ARE INCLUDED WITH YOUR MEMBERSHIP!**  
 WANT TO SEE THE CLASS DESCRIPTIONS? VISIT US ONLINE: [www.aberdeenyumca.org](http://www.aberdeenyumca.org)

If you are new or returning to exercise, inform your instructor and they will show you modifications. REVISED: 10/8/2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30-6:30am <b>BODY PUMP</b> Amy (S1)		5:10-5:55am <b>BODY PUMP</b> Estelle (S1)	5:10-5:40am Kettlebell (TRX) Shannon/Estelle/Judy		
5:30-6:30am <b>BODY COMBAT</b> Paige (S1)	5:35-6:30am Water Wake Up Bruce		5:35-6:30am Water Wake Up Bruce			
	5:45-6:15am <b>SPRINT</b> Erin D	5:45-6:15am GRIT Erin/Shannon (S1)	6:00-6:30am <b>SPRINT</b> Estelle	5:45-6:15am <b>SPRINT</b> Judy		
	6:30-7:00am Stretch Express Amy (Med Studio)				7:15-7:45am GRIT (S1) Amy/Erin/Shannon	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:00am Cycling/ <b>SPRINT</b> Dixie/Michelle/Erin	8:15-8:45am Bootcamp Express Amy (TRX)	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> Amy/Paige (S1)	<b>Wed-Fri</b> <b>8:15-9:00am</b> CYCLING will remain a 45 min class, but the <b>SPRINT</b> will be held 8:20-8:50am
	8:15-9:00am Barre Wendy B.		8:15-9:00am Barre Wendy B.			
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> Wendy	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)	9:00-9:45am Sculpt & Tone Amy (S1)	9:20-10:20am <b>BODY PUMP</b> Terrill (S1)	9:00-10:00am <b>BODY COMBAT</b> Amy (S1)	9:00-10:00am <b>BODY PUMP</b> Varies (S1)	
9:15-10:00am Hatha Yoga Janene	9:30-10:15am Fit Fusion Estelle (S2)	9:15-10:00am Yin Yoga Vicki	9:30-10:15am Fit Fusion Estelle (S2)	9:15-10:00am Hatha Yoga Jon	9:00-10:00am Sat. Yoga Varies	
10:00-10:45am Senior Shape Up Amy (S1)	*10:30-11:15am <b>Zumba Gold</b> Carol (S2)	10:00-10:45am Cardio Sculpt Amy (S1)	*10:30-11:15am <b>Zumba Gold</b> Erica (S2)	10:00-10:45am Senior Beats Estelle (S1)	10:15-10:45am <b>SPRINT</b> Amy/Erin	
	10:30-11:00am Circuit Express Amy (Healthy Living Center)		10:30-11:00am Circuit Express Amy (Healthy Living Center)		10:15-11:00am <b>Zumba</b> Varies (S2)	
			11:20-11:50am Stretch Express Jane Ann(Med Stud)			
11:00am-12:00pm <b>BODY PUMP</b> Estelle (S1)	11:15am-12:00pm Sculpt & Tone Amy (S1)	11:00am-12:00pm <b>BODY PUMP</b> Estelle (S1)	11:15am-12:00pm Sculpt & Tone Amy (S1)	11:00am-12:00pm <b>BODY PUMP</b> 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 <b>BODY COMBAT</b> Sarah (S1)	12:15-12:45pm GRIT Sarah (S1)	12:10-12:50pm <b>BODY COMBAT</b> Sarah (S1)	12:15-12:45pm GRIT Sarah/Erin (S1)	12:10-12:50pm <b>BODY COMBAT</b> Sarah (S1)		12:15-1:15pm <b>BODY PUMP</b> Judy/Madison (S1)
		12:10-12:50pm Barre Wendy B.		12:10-12:50pm Hatha Yoga Jolene		
12:15-12:45pm <b>SPRINT</b> Brooke		12:15-12:45pm <b>SPRINT</b> Estelle				

## 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)	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 <b>BODY PUMP</b> Estelle (S2)		4:15-5:15pm <b>BODY PUMP</b> Estelle (S1)				
4:15-5:15pm <b>BODY COMBAT</b> Amy (S1) Starts Oct 18	4:15-4:45pm <b>SPRINT</b> Brooke		4:15-4:45pm <b>SPRINT</b> Estelle			
	4:45-5:30pm Wild Water Workout Mary/Jane		4:45-5:30pm Wild Water Workout Mary/Jane			
5:15-5:30pm Restore the Core Amy (S1) Starts Oct 18	5:30-6:30pm Water Volleyball 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			
5:30-6:15pm Step Aerobics Amy (S1) Starts Oct 18	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 <b>BODY PUMP</b> Judy (S1)	5:30-6:30pm <b>BODY COMBAT</b> Amy (S1)	5:30-6:30pm <b>BODY PUMP</b> Stacy/Madison (S1)			
5:30-6:00pm <b>SPRINT</b> Estelle	5:30-6:15pm Cycling Becky	5:30-6:00pm <b>SPRINT</b> Judy	5:30-6:00pm <b>SPRINT</b> Jessica			
		5:15-6:00pm Zumba Wendy (S2)				
6:30-7:15pm Zumba Adele (S2)		6:15-7:00pm Hydrorider Starts Oct 13				

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 or Meditative Studio)

- All participants must be 13 years old to attend 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 10/8/2021