



ABERDEEN FAMILY YMCA

LAND & WATER GROUP FITNESS SCHEDULE

WINTER/SPRING 2022 (Jan-Feb-Mar-April-May)

OVER 90 GROUP FITNESS CLASSES THAT ARE INCLUDED WITH YOUR MEMBERSHIP!
 WANT TO SEE THE CLASS DESCRIPTIONS? VISIT US ONLINE: www.aberdeenyymca.org

If you are new or returning to exercise, inform your instructor and they will show you modifications. REVISED: 1/3/2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30-6:30am BODY PUMP Amy (S1)		5:10-5:55am BODY PUMP Estelle (S1)	5:10-5:40am Kettlebell (TRX) Shannon/Estelle/Paige		
5:30-6:30am BODY COMBAT Paige (S1)	5:35-6:30am Water Wake Up Bruce		5:35-6:30am Water Wake Up Bruce			
	5:45-6:15am SPRINT Erin D	5:45-6:15am GRIT Erin/Shannon (S1)	6:00-6:30am SPRINT Estelle	5:45-6:15am SPRINT Judy		
6:30-7:15am Barre Wendy B.	6:30-7:00am Stretch Express Amy (Med Studio)	6:30-7:15am Barre Wendy B.		6:30-7:15am Barre Wendy B.	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/ SPRINT Dixie/Michelle/Erin	8:15-8:45am Bootcamp Express Amy (TRX)	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 (S1)	Wed-Fri 8:15-9:00am CYCLING will remain a 45 min class, but the SPRINT will be held 8:20-8:50am
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 Wendy	9:00-9:45am Wild Water Workout -Mona	
9:00-9:30am GRIT Brooke (S1)	9:20-10:20am BODY PUMP Terrill (S1)	9:00-9:45am Sculpt & Tone Amy (S1)	9:20-10:20am BODY PUMP Terrill (S1)	9:00-10:00am BODY COMBAT Amy (S1)	9:00-10:00am BODY PUMP Varies (S1)	
9:15-10:00am Hatha Yoga Janene	9:30-10:15am Fit Fusion Estelle (S2)	9:15-10:00am Yin Yoga Katie	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 Zumba Gold Carol (S2)	10:00-10:45am Cardio Sculpt Amy (S1)	*10:30-11:15am Zumba Gold Erica (S2)	10:00-10:45am Senior Beats Estelle (S1)	10:15-10:45am SPRINT 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 Zumba Varies (S2)	
	11:25-11:55am Stretch Express Jane Ann(Med Stud)		11:25-11:55am Stretch Express Jane Ann(Med Stud)			
11:00am-12:00pm BODY PUMP Estelle (S1)	11:15am-12:00pm Sculpt & Tone Amy (S1)	11:00am-12:00pm BODY PUMP Estelle (S1)	11:15am-12:00pm Sculpt & Tone Amy (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 (S1)	12:15-12:45pm GRIT Sarah (S1)	12:10-12:50pm BODY COMBAT Sarah (S1)	12:15-12:45pm GRIT Sarah/Erin (S1)	12:10-12:50pm BODY COMBAT Sarah (S1)		12:15-1:30pm BODY PUMP Judy/Madison (S1)
				12:10-12:50pm Hatha Yoga Jolene		12:30-1:30pm Restorative Yoga Nicole
		12:15-12:45pm SPRINT Brooke				

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 BODY PUMP Estelle (S2)		4:15-5:15pm BODY PUMP Estelle (S1)				
4:15-5:15pm BODY COMBAT Amy (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			
5:15-5:30pm Restore the Core Amy (S1)	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 Nicole/Karen/Donna			
5:30-6:15pm Step Aerobics Amy (S1)	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 Amy (S1)	5:30-6:30pm BODY PUMP Stacy/Madison (S1)			
5:30-6:00pm SPRINT Estelle		5:30-6:00pm SPRINT Judy				
		5:15-6:00pm Zumba Wendy (S2)				
6:30-7:15pm Zumba Adele (S2)		6:15-7:00pm Hydrorider Mona/Wendy				

WANT THE SCHEDULE ON YOUR SMARTPHONE?

scan here.



CLASS KEY:

All locations are listed behind the class. S1=Studio 1, S2=Studio 2

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| <ul style="list-style-type: none"> Cycling Classes (Cycling Studio) Yoga Classes (Meditative Studio) Aquatic Classes (Aquatic Center) LesMills BODY PUMP (S1 or S2) ZUMBA Classes (S1 or S2) | <ul style="list-style-type: none"> 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) |
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- 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 1/3/2022