



# ABERDEEN FAMILY YMCA

## LAND & WATER GROUP FITNESS SCHEDULE

### WINTER/SPRING 2023 (JAN-FEB-MAR-APR-MAY)

**OVER 100 GROUP FITNESS CLASSES THAT ARE INCLUDED WITH YOUR MEMBERSHIP!**

If you are new or returning to exercise, inform your instructor and they will show you modifications. REVISED: 2/1/2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:10-5:55am TRX Pam	5:30-6:30am BODY PUMP Amy (S1)	5:10-5:55am TRX Shannon/Amy	5:10-5:55am BODY PUMP Estelle (S1)	5:10-5:40am Kettlebell (TRX) Shannon/Erin		
6:00-6:30am TRX Pam		6:00-6:30am TRX Shannon/Amy	5:35-6:30am Water Wake Up Erin			
		5:30-6:15am Pilates Reformer Abbie		5:30-6:15am Pilates Reformer Sterling		
	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		
	6:30-7:00am Stretch Express Amy (Med Studio)	6:30-7:15am Barre (Med Studio) Wendy		6:30-7:15am Barre (Med Studio) Wendy	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/Varies (S1) <b>No class til Mar 4</b>	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 TRX Amy		8:15-9:00am TRX Amy		8:15-9:00am TRX Amanda		
8:15-9:00am Pilates Reformer Stephanie		8:15-9:00am Pilates Reformer Shannon/Katherine				
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 Terry	9:00-9:45am Wild Water Workout - Mona	
	9:20-10:20am BODY PUMP Terrill (S1)	9:15-10:00am Step & Sculpt 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 Pilates Reformer Estelle	9:15-10:00am Yin Yoga Katie	9:30-10:15am Pilates Reformer Estelle	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)	10:15-10:45am Senior Strength Amy (HLC)	*10:30-11:15am Zumba Gold Erica (S2)	10:00-10:45am Drums Alive Estelle (S1)	10:15-10:45am SPRINT Amy/Jessica	
10:15-11:00am Pilates Reformer Janene	10:30-11:00am Circuit Express Amy (HLC)	10:15-11:00am Pilates Reformer Janene	10:30-11:00am Circuit Express Amy (HLC)	10:30-11:15am Chair Yoga Jane	10:15-11:00am Zumba Varies (S2)	
11:15am-12:00pm Better Balance Jane (Med Studio)	11:25-11:55am Stretch Express Jane Ann(Med Stud)	11:15am-12:00pm Better Balance Jane (Med Studio)	11:25-11:55am Stretch Express Jane Ann(Med Stud)			
11:00am-12:00pm BODY PUMP Amy (S1)	11:15am-12:00pm Sculpt & Tone Amy (S1)		11:15am-12:00pm Sculpt & Tone Amy (S1)	11:00am-12:00pm BODY PUMP Estelle/Judy (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)		

HLC =  
Healthy  
Living  
Center

## 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)		12:10-12:50pm <b>BODY COMBAT</b> Sarah (S1)		12:15-1:15pm <b>BODY PUMP</b> Judy (S1)
			12:10-12:50pm Yoga/Melt Janene			12:15-1:15pm Restorative Yoga Nicole
12:15-12:45pm <b>SPRINT</b> Brooke		12:10-12:50pm TRX Amanda	12:15-12:45pm <b>SPRINT</b> Sarah			1:30-2:00pm <b>SPRINT</b> Judy

## 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)	4:45-5:30pm Wild Water Workout Mary/Jane 5:30-6:30pm Water Volleyball Mary/Jane		4:45-5:30pm Wild Water Workout Mary/Jane			
5:15-6:15pm Intermediate Yoga Janene	5:15-6:15pm Hatha Yoga Donna	5:15-6:15pm Intermediate Yoga Janene/Donna	5:15-6:15pm Yoga Mix-Up Nicole/Karen/Donna			
*5:30-6:30pm Zumba Gold Carol (S1)	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> Amy (S1)				
5:30-6:00pm <b>SPRINT</b> Estelle	6:15-7:00pm TRX Amanda	5:30-6:00pm <b>SPRINT</b> Judy				
		5:15-6:00pm Zumba Wendy (S2)				
6:30-7:15pm Zumba Adele (S2)	6:30-7:15pm Pilates Reformer Lisa	6:15-7:00pm Drums Alive Estelle (S2)	6:30-7:15pm Pilates Reformer Janene			

**PILATES REFORMER**

If you have never been to a Pilates class, you will need to attend at least 4 beginner classes before moving into a regular Pilates Reformer class.

Leave your name and number with the staff at Member Services and you will be contacted regarding the time and start date.

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"> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #800080; margin-right: 5px;"></span> Cycling (Cycling Studio)</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #0070C0; margin-right: 5px;"></span> Yoga (Meditative Studio)</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #0070C0; margin-right: 5px;"></span> Aquatics (Aquatic Center)</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #FF0000; margin-right: 5px;"></span> LesMills BODY PUMP (S1 or S2)</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #FF8C00; margin-right: 5px;"></span> ZUMBA (S1 or S2)</li> </ul> | <ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #008000; margin-right: 5px;"></span> LesMills BODY COMBAT (S1 or S2)</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #808080; margin-right: 5px;"></span> LesMills GRIT (S1 or S2)</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #FFA500; margin-right: 5px;"></span> LesMills SPRINT (Cycling Studio)</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #800080; margin-right: 5px;"></span> Pilates (Meditative Studio)</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #800000; margin-right: 5px;"></span> TRX (Meditative Studio)</li> </ul> |
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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
- Other Group Fitness Classes (S1, S2, TRX or Meditative Studio)

\*CLASSES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

REVISED 2/1/2023