



ABERDEEN FAMILY YMCA

LAND & WATER GROUP FITNESS SCHEDULE

WINTER-SPRING (JAN-FEB-MAR-APRIL-MAY)

OVER 95 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: 4/24/2024

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------|--|---|--|--|--|--------|
| 5:10-5:55am TRX Pam | 5:10-5:40am Kettlebell (TRX) Pam/Shannon | 5:10-5:40AM GRIT Shannon | 5:10-5:55am BODY PUMP Estelle (S1) | 5:10-5:40am Kettlebell (TRX) Shannon/Pam | | |
| 6:00-6:30am TRX Pam | 6:00-6:45am Hydrorider Wendy | 6:00-6:30am TRX Amy/Pam Wendy/Pam | 5:35-6:30am Water Wake Up Erin | | | |
| | 5:30-6:15am Pilates Reformer Dena | 5:30-6:15am Pilates Reformer Dena | 5:30-6:15am Pilates Reformer Dena | | | |
| | 5:45-6:15am SPRINT(HIIT Cycle) Judy/Mickey/Estelle | | 6:00-6:30am SPRINT(HIIT Cycle) Estelle | 5:45-6:15am SPRINT(HIIT Cycle) Judy | | |
| | 6:30-7:00am Stretch Express Amy (Med Studio) | | | | 7:15-7:45am GRIT (HIIT) (S1) Amy/Shannon | |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|---|--|--|
| 8:15-9:00am SPRINT(HIIT Cycle) Erin/Dixie/Mickey | 8:15-8:45am Bootcamp Express Amy (TRX) | 8:15-9:00am SPRINT(HIIT Cycle) Terrill | 8:15-8:45am GRIT (HIIT) Brooke (S1) | 8:15-9:00am SPRINT(HIIT Cycle) Terrill | 8:00-8:50am BODY COMBAT Amy/Sarah (S1) | Mon-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 | | 8:45-9:30am Drums Alive Estelle (S2) | | |
| 8:15-9:00am Pilates Reformer Stephanie | | 8:15-9:00am Pilates Reformer Shannon/Katharine | | | | |
| 9:00-9:45am Aquacise Varies | 9:00-9:15am Restore the Core Amy (S2) | 9:00-9:45am Aquacise Mary K. | 9:00-9:15am Restore the Core Erin (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 | 9:15-10:00am Yoga Basics Randall | 9:15-10:00am Yin Yoga Katie | 9:30-10:15am Pilates Reformer Janene | 9:15-10:00am Hatha Yoga Jan/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 Terrill (S2) | | 10:15-10:45am SPRINT(HIIT Cycle) Amy/Jessica | |
| 10:15-10:45am Senior Chair Yoga Jane Ann | | | 10:30-11:15am Start-up Pilates Reformer Janene | | 10:15-11:00am Zumba Varies (S2) | |
| 11:00am-11:30am Better Balance Janene(Med Studio) | 10:30-11:00am Circuit Express Amy (HLC) | 11:00am-11:30am Better Balance Janene(Med Studio) | 10:30-11:00am Circuit Express Amy (HLC) | 11:00am-12:00pm Yin Yoga Bri | 10:30-11:30am Vinyasa Flow Bri | HLC = Healthy Living Center |
| 11:00am-12:00pm BODY PUMP Amy (S1) | 11:00am-11:45am Sculpt & Tone Amy (S1) | | 11:00-11:30am Sculpt & Tone Amy (S1) | 11:00am-12:00pm BODY PUMP Estelle/Judy (S1) | | |
| 11:00-11:45am Young at Heart Rene (Pool) | 11:25-11:55am Stretch Express Jane Ann(Med Stud) | 11:00-11:45am Young at Heart Varies (Pool) | 11:25-11:55am Stretch Express Jane Ann(Med Stud) | 11:00-11:45am Young at Heart Varies (Pool) | | |

Time change from
10am to 8:45am (4/26)

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 (HIIT) Sarah (S1) | 12:10-12:50pm BODY COMBAT Sarah (S1) | | 12:10-12:50pm BODY COMBAT Sarah (S1) | | 12:15-1:15pm BODY PUMP Judy (S1) |
| | | 12:15-12:45pm TRX Michelle | 12:10-12:50pm Yoga/Melt Janene | | | |
| | 12:15-12:45pm SPRINT(HIIT Cycle) Brooke | | 12:15-12:45pm SPRINT(HIIT Cycle) Sarah | | | 1:30-2:00pm SPRINT(HIIT Cycle) Judy |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|--|--|--------|
| | *4:15-5:00pm Zumba Kristin (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 | |
| | | 4:15-5:00pm BODY PUMP Amy (S1) | | | | |
| 4:15-5:15pm BODY COMBAT Amy (S1) | 4:45-5:30pm Wild Water Workout Mary/Jane | | 4:45-5:30pm Wild Water Workout Mary/Jane | | 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. | |
| | 5:30-6:30pm Water Volleyball Mary/Jane | | | | | |
| 5:15-6:15pm Intermediate Yoga Janene/Donna | 5:15-6:15pm Hatha Yoga Donna | 5:15-6:15pm Intermediate Yoga Randall | 5:15-6:15pm Variety Yoga Nicole/Karen/Donna | | | |
| *5:30-6:30pm Zumba Gold Carol (S1) | 5:30-6:15pm Zumba Kristin (S2) | | 5:30-6:15pm Zumba Jessica (S2) | | | |
| | 5:30-6:30pm BODY PUMP Judy (S1) | 5:30-6:30pm BODY COMBAT Amy (S1) | | | | |
| 5:30-6:00pm SPRINT(HIIT Cycle) Estelle | | 5:30-6:00pm SPRINT(HIIT Cycle) Judy | | | | |
| | 6:30-7:15pm Pilates Reformer Lisa | 6:15-7:00pm Drums Alive Estelle (S2) | 6:30-7:15pm Pilates Reformer Janey | | | |
| 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 (Cycling Studio)**
- LesMills BODY COMBAT (S1 or S2)**
- Yoga (Meditative Studio)**
- LesMills GRIT (S1 or S2)**
- Aquatics (Aquatic Center)**
- LesMills SPRINT (Cycling Studio)**
- LesMills BODY PUMP (S1 or S2)**
- Pilates (Meditative Studio)**
- ZUMBA (S1 or S2)**
- TRX (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
- **Other Group Fitness Classes (S1, S2, TRX or Meditative Studio)**

***CLASSES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**

REVISED 4/24/2024