



ABERDEEN FAMILY YMCA

LAND & WATER GROUP FITNESS SCHEDULE

FALL 2026 (SEPT-OCT-NOV-DEC)

OVER 100 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: 10/1/26**

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 (S1) Pam/Shannon Erin E/Erin W	5:10-5:40AM GRIT Shannon	5:10-5:55am Pump Heavy Estelle (S1)	5:10-5:40am Total Body Strength (S1) Pam/Shannon Erin E/Erin W		
6:00-6:30am TRX Pam	5:35-6:20am Water Wake Up Stacy	6:00-6:30am TRX Emily	5:35-6:20am Water Wake Up Erin			
	5:30-6:15am Pilates Reformer Abbie	5:30-6:15am Glow & Flow Yoga Holly	5:30-6:15am Pilates Reformer Jess			
	5:45-6:15am SPRINT (HIIT Cycle) Mickey/Erin W			5:45-6:15am SPRINT (HIIT Cycle) Judy		
					7:15-7:45am GRIT (HIIT) (S1) Varies	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:00am SPRINT (HIIT Cycle) Mickey/Dixie		8:15-9:00am SPRINT (HIIT Cycle) Terrill		8:15-9:00am SPRINT (HIIT Cycle) Terrill	8:00-8:30am SPRINT (HIIT Cycle) Varies	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				
8:15-9:00am Pilates Reformer Stephanie	8:15-9:00am Pilates Reformer Sue	8:15-9:00am Pilates Reformer Katharine/Sue		8:45-9:30am Drums Alive Estelle (S2)		
9:00-9:45am FOREVERWELL Aquacise Mona/Jan	9:00-9:15am Restore the Core Amy (S2)	9:00-9:45am FOREVERWELL Aquacise Jan	9:00-9:15am Restore the Core Brooke (S2)	9:00-9:45am FOREVERWELL Aquacise Barbie	9:00-9:45am Wild Water Workout Varies	FOREVERWELL is a Branded Y name that encompasses programming provided for Y members ages 55+ but is open to all that would also benefit from that activity.
	9:20-10:20am PUMP & HEAVY ALT Terrill (S1)	9:15-10:00am Step & Sculpt Amy (S1)	9:20-10:20am PUMP & HEAVY ALT Terrill (S1)	9:00-10:00am BODY COMBAT Amy (S1)	9:00-10:00am PUMP/HEAVY ALT Judy/Stacy (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 Sue	9:15-10:00am Hatha Yoga Jan	9:00-10:00am Sat. Yoga Varies	
10:00-10:45am FOREVERWELL Shape Up Amy (S1)	*10:30-11:30am Zumba Gold Carol L. (S2)	10:15-10:45am FOREVERWELL Strength Amy (HLC)	*10:30-11:15am Zumba Gold Terrill (S2)	10:00-10:45am Line Dancing Carol A. (S1)	10:15-10:45am SPRINT(HIIT Cycle) Jessica	
10:15-10:45am FOREVERWELL Chair Yoga Jan			10:30-11:15am Start-up Pilates Reformer - Janene		10:15-11:00am Zumba Varies (S2)	
11:00am-11:30am FOREVERWELL Better Balance Jan (Med Studio)	10:30-11:00am FOREVERWELL Circuit Express Amy (HLC)	11:00am-11:30am FOREVERWELL Better Balance Jan (Med Studio)	10:30-11:00am FOREVERWELL Circuit Express Amy (HLC)	11:00am-12:00pm Yin Yoga Bri		HLC = Healthy Living Center
11:00am-12:00pm PUMP/HEAVY ALT Amy (S1)	11:00am-11:45am Sculpt & Tone Amy (S1)		11:00-11:45am Sculpt & Tone Amy (S1)	11:00am-12:00pm PUMP/HEAVY ALT Judy (S1)		
11:00-11:45am FOREVERWELL Young at Heart Jessica (Pool)	11:25-11:55am FOREVERWELL Stretch Express Jan (Med Studio)	11:00-11:45am FOREVERWELL Young at Heart Barbie (Pool)	11:25-11:55am FOREVERWELL Stretch Express Janene (Med Studio)	11:00-11:45am FOREVERWELL Young at Heart Jan (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 (HIIT) Sarah (S1)	12:10–12:50pm BODY COMBAT Sarah (S1)		12:10–12:50pm BODY COMBAT Sarah (S1)		12:15–1:15pm PUMP/HEAVY ALT Judy (S1)
		12:15–12:45pm TRX Michelle				
12:00–1:00pm Water Walking Pool	12:00–1:00pm Water Walking Pool	12:00–1:00pm Water Walking Pool	12:00–1:00pm Water Walking Pool	12:00–1:00pm Water Walking Pool		1:30–2:00pm SPRINT (HIIT Cycle) Judy
12:15–12:45pm SPRINT (HIIT Cycle) Brooke			12:15–12:45pm SPRINT (HIIT Cycle) Sarah			

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 Kari (S2)	*4:15–5:00pm Zumba Varies (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	5:15–6:15pm Hatha Yoga Donna		5:15–6:15pm Hatha Yoga Karen/Donna			
*5:30–6:30pm Zumba Gold Carol L. (S1)	5:30–6:15pm Zumba Kristin (S2)		5:30–6:15pm Zumba Lynde (S2)			
*5:30–6:15pm Zumba Bari (S2)	5:30–6:30pm BODY PUMP Judy (S1)	5:30–6:30pm BODY COMBAT Amy (S1)	6:30–7:15pm Line Dancing Carol A. (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 Shelby (S2) Starts Nov 4	6:00–7:30pm Open Bike Night (with a Movie) Jenna (Cycle Studio) Starts Oct 29			
7:30–8:00pm Water Walking Pool	7:30–8:00pm Water Walking Pool	7:30–8:00pm Water Walking Pool	7:30–8:00pm Water Walking Pool			

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/Dance (S1 or S2)	 TRX (Meditative Studio)

*CLASSES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

- 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.
- Other Group Fitness Classes (S1, S2, TRX or Meditative Studio)

REVISED 10/1/26