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: 11/6/26**

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	
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	8:30-9:15am Yoga Basics Randall	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	
	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		
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)		

Mon-Wed- Fri 8:15-9:00am CYCLING will remain a 45 min class, but the SPRINT will be held 8:20-8:50am

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.

HLC = Healthy Living Center

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				12:15-1:15pm Restorative Yoga Nicole
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			
	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)			
	5:30-6:30pm 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)	6:00-7:30pm Open Bike Night (with a Movie) Jenna (Cycle Studio)			
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			

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.

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

- Cycling (Cycling Studio)
- Yoga (Meditative Studio)
- Aquatics (Aquatic Center)
- LesMills BODY PUMP (S1 or S2)
- Zumba/Dance (S1 or S2)
- LesMills BODY COMBAT (S1 or S2)
- LesMills GRIT (S1 or S2)
- LesMills SPRINT (Cycling Studio)
- Pilates (Meditative Studio)
- 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 us keep the floors clean and damage-free.

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

*CLASSES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

REVISED 11/6/26