



ARDMORE FAMILY YMCA

JANUARY 2024

STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 AM	GRIT™ \$\$ Amy Studio 2	spin Sydney Spin Rm express		spin Sydney Spin Rm express	GRIT™ \$\$ Amy Studio 1
5:45 AM	BODYCOMBAT Sydney Studio 1	BODYPUMP Angie Studio 1	BODYCOMBAT Amy Studio 1	BODYPUMP Angie Studio 1	CORE Sydney Studio 2
8:30 AM	CORE Steph Studio 1	BODYATTACK Wendy Studio 1	PURE PUMP Deb Studio 1	BODYATTACK Wendy Studio 1	PURE PUMP Deb Studio 1
	BODYCOMBAT Wendy Studio 2		bootybarre Kelsey Studio 2	8:15 AM CORE Susan Studio 2	CORE Steph Studio 2
9:15 AM	FIT FOR GRIT Jake Studio 1	BODYBALANCE Amy Studio 1	CARDIO MIX express Kelsey Studio 1	BODYBALANCE Amy Studio 1	FIT FOR GRIT Jake Studio 1
	Strengthening Susan Studio 2	Beginning Yoga Susan Studio 2		Beginning Yoga Susan Studio 2	
	RPM Steph Spin Rm		spin Amy Spin Rm express		RPM Steph Spin Rm
10:30 AM	BODYPUMP Michaela Studio 1	BOXING & BARBELLS® Wendy Social Hall	BODYPUMP Michaela Studio 1	BOXING & BARBELLS® Wendy Social Hall	BODYPUMP Michaela Studio 1
12:15 PM	CORE Carrie Studio 1 express		CORE Carrie Studio 1 express	BODYPUMP Caitlin Studio 1 express	BODYBALANCE Michaela Studio 1 express
	GRIT™ \$\$ Amy Studio 2 express	spin Amy Spin Rm express	GRIT™ \$\$ Amy Studio 2 express	spin Amy Spin Rm express	spin Lee Spin Rm express
4:15 PM			spin Johnna Spin Rm		
5:15 PM		YOGA PILATES express Johnna Studio 1		YOGA PILATES express Johnna Studio 1	
5:30 PM	BODYCOMBAT Michaela Studio 1			BODYCOMBAT BODYBALANCE Michaela Studio 2	BOXING & BARBELLS® Wendy Social Hall
	BODYBALANCE Kristie Studio 2	spin Dezi Spin Rm		RPM Steph Spin Rm	
6:00 PM		BODYPUMP Bill Studio 1		BODYPUMP Bill Studio 1	




express classes are 30 minutes in length. All other classes are between 45 to 55 minutes.



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WEEKEND CLASSES

STARTS	SATURDAY	STARTS	SUNDAY
8:30 AM	WEIGHT ROOM WORKOUT Johnna Weight Room	2:00 PM	 Various Instructors Studio 1
	 Sydney Studio 1	4:00 PM	BARRE/CORE Johnna Reformer Rm Barre/Core will meet JAN 14th & 28th only
9:00 AM	 Sydney Studio 1		
10:00 AM	TRANSFORM <small>LIVE!</small> Johnna Studio 2		
10:30 AM	YOGA Robin social hall		

NEW IN JANUARY

FIT FOR GRIT: a high-intensity workout designed for every fitness level. Personal trainer, Jake Norton, will start at your fitness level. With simple, easy to learn movements, you'll progress to the next level in no time. Cardio, strength, agility! It's in your future.
 * This is a 4-week intro to our LesMills GRIT program.

BOXING  BARBELLS: A method of teaching authentic boxing in a fitness space. Designed by an Olympic coach, the combination of boxing AND weight lifting is an incredible way to make your body strong. Taught by B&B certified instructor, Wendy Henson, you're promised to leave each workout sweaty and smiling.

SENIOR CLASSES

STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 AM				Strengthening Susan Studio 2	
9:15 AM	Aqua Arthritis Kristie Small Pool		Aqua Plunge Kristie Small Pool		Splash for Fun! Caitlin Small Pool
	Strengthening Susan Studio 2	Beginning Yoga Susan Studio 2	SilverSneakers[®] MSROM <small>FITNESS</small> Susan Studio 2	Beginning Yoga Susan Studio 2	
10:00 AM		Aqua Strength Michaela Small Pool		Aqua Flex Michaela Small Pool	
10:15 AM	SilverSneakers[®] Cardio <small>FITNESS</small> Susan Studio 2	SilverSneakers[®] MSROM <small>FITNESS</small> Susan Studio 2	SilverSneakers[®] Cardio <small>FITNESS</small> Susan Studio 2	SilverSneakers[®] MSROM <small>FITNESS</small> Susan Studio 2	SilverSneakers[®] MSROM <small>FITNESS</small> Susan Studio 2
11:15 AM	SilverSneakers[®] MSROM <small>FITNESS</small> Susan Studio 2				
5:30 PM	Aqua Blast Johanna Small Pool		Aqua Blast Johanna Small Pool		

AEROBIC CLASS DESCRIPTIONS

Boxing & Barbells (B&B)- A method of teaching authentic boxing in a fitness space. Designed by an Olympic coach, the combination of boxing AND weight lifting is an incredible way to make your body strong

Booty Barre— A full-body work out blends movements at the Barre with resistance bands, light weights, and sliders to build strength, coordination, and balance.

Cardio Mix—Nothing but cardio surprises in this class! Each week will be you'll do something a little bit different to get your heart rate up.

Fit For GRIT – Introduction to interval training: strength, cardio and plyometrics.

Insanity – Body Weight Training, cardio, plyometrics, and core.

Les Mills Classes

Body Attack – Choreographed high-energy cardio class combining athletic moves like running, lunging and jumping with strength exercises.

Body Combat – Choreographed martial art-based cardio workout.

Body Balance – Choreographed movement incorporating Yoga, Tai Chi & Pilates.

Body Pump – Choreographed strength training for all your major muscle groups using barbells & free weights.

CORE – Core (abs, glutes, back, oblique), strength training utilizing resistance tubes & weights. (30-minute Class)

Grit – High Intensity Interval Team Training, strength, cardio & plyo. (30-minutes \$\$)

RPM— Indoor cycling workout where you control the intensity. Fun, low impact workout.

Sprint – High Intensity Interval Spin Class; Cardio. (30-minute Class)

PowerPlay— A mixed martial arts inspired kickboxing class. This class utilizes bag contact punches and kicks. A total body workout that will elevate your heart rate and improve speed, agility and endurance.

Pure Pump –45 minutes of low-weight, high-rep choreographed strength training that gets your heart pumping. The focus is on all the major muscle groups using barbells & free weights.

Saturday Weight Room Training – Progressive workout using weight room equipment along with super, Tri & Giant Sets of Upper & Lower Body Muscle Groups. (1 ½ Hr. Class)

Silver Sneakers Classes

Cardio Fit – Active Adult class to increase cardiovascular & muscular endurance, agility & coordination.

MSROM – Core class to increase functional strength, agility, balance & coordination.

Beginning Yoga – Universal class targets balance, range of movement, muscular endurance, restorative breathing & mind/body integration. (exercises can be done from a chair)

Spin – Cardio & Core workout, both seated & standing, using stationary bike. Workout is easy on joints & no impact.

Strengthening – High rep weight training & core work using a variation of fitness tools.

Transform LIVE/Strength — High intensity, cardio-conditioning class using the step & weights.

Yoga – Foundational class for beginner & advanced individuals for improving balance, flexibility, strength & reducing stress.