



ARDMORE FAMILY YMCA

MARCH 2024

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

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



ARDMORE FAMILY YMCA

MARCH 2024

WEEKEND CLASSES

STARTS	SATURDAY	STARTS	SUNDAY
8:30 AM	WEIGHT ROOM WORKOUT Johnna Weight Room	2:00 PM	LES MILLS BODYPUMP Various Instructors Studio 1
	LES MILLS CORE Sydney Studio 1	4:00 PM	BARRE/CORE Johnna Reformer Rm Barre/Core will meet MAR 10th & 24th only
9:00 AM	LES MILLS BODYCOMBAT Sydney Studio 1		
10:00 AM	TRANSFORM LIVE! Johnna Studio 2		
10:30 AM	YOGA Robin social hall		

COMING IN APRIL

LesMills Shapes

Monday/Wednesday @ 6:30 PM

Pilates, barre, and power yoga all rolled into one incredible workout. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility.

Functional Strength

Monday @ 9:15 PM

Build power and athleticism in a fun, balanced, "don't think, just do" kind of way. Strength training like you've never seen before.

More details to come! Watch for it!

LOW IMPACT CLASSES FOR ALL

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 Susan Studio 2	Beginning Yoga Susan Studio 2	
10:00 AM		Aqua Strength Michaela Small Pool		Aqua Flex Michaela Small Pool	
10:15 AM	CARDIO MIX Susan Studio 2	SilverSneakers[®] MSROM Susan Studio 2	CARDIO MIX Susan Studio 2	SilverSneakers[®] MSROM Susan Studio 2	SilverSneakers[®] MSROM Susan Studio 2
11:15 AM	SilverSneakers[®] MSROM Susan Studio 2				
5:30 PM	Aqua Blast Johanna Small Pool		Aqua Blast Johanna Small Pool		

AEROBIC CLASS DESCRIPTIONS

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

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.

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 \$\$)

Shapes— *New to the LesMills format.* An invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility.

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

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

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.