



ARDMORE FAMILY YMCA

MAY 2024

STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 AM	GRIT™ \$\$ Amy Studio 2	spin express Sydney Spin Rm		spin express Sydney Spin Rm	GRIT™ \$\$ Amy Studio 1
5:45 AM	BODYCOMBAT Sydney Studio 1	BODYPUMP Angie Studio 1	5:45 AM BODYCOMBAT Studio 1 6:15 AM Shapes 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 Strengthening Susan Studio 2	CORE Steph Studio 2
9:15 AM	FUNCTIONAL STRENGTH Kelsey Studio 1	BODYBALANCE Amy Studio 1	CARDIO MIX express Kelsey Studio 1	BODYBALANCE Amy Studio 1	Shapes Amy Studio 1
	Strengthening Susan Studio 2	Beginning Yoga Susan Studio 2		Beginning Yoga Susan Studio 2	
	spin Steph Spin Rm		spin express Amy Spin Rm		spin Steph Spin Rm
10:30 AM	BODYPUMP Michaela Studio 1		BODYPUMP Michaela Studio 1		BODYPUMP Michaela Studio 1
12:15 PM	CORE Carrie Studio 1	Shapes Carrie Studio 1	CORE Carrie Studio 1	BODYPUMP Caitlin Studio 1	BODYBALANCE Michaela Studio 1
	GRIT™ \$\$ Amy Studio 2	spin Amy Spin Rm	GRIT™ \$\$ Amy Studio 2	spin Amy Spin Rm	spin Lee Spin Rm
4:15 PM		CARDIO & WEIGHTS Johnna Studio 1		CARDIO & WEIGHTS Johnna Studio 1	
5:15 PM		YOGA PILATES express Johnna Studio 1		YOGA PILATES express Johnna Studio 1	
5:30 PM	BODYCOMBAT Michaela Studio 1			BODYCOMBAT Caitlin Studio 2	BOXING AND BARBELLS Wendy Studio 1
	BODYBALANCE Kristie Studio 2	spin Dezi Spin Rm		spin 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
9:00 AM	 Sydney Studio 1	4:00 PM	BARRE/CORE Johnna Reformer Rm Barre/Core will meet MAY 5th & 19th
10:00 AM	TRANSFORM LIVE! Johnna Studio 2		
10:30 AM	YOGA Robin social hall		

FRIDAY, MAY 10TH
5:30 - 7:30 PM

the Y YMCA

END OF SCHOOL pool bash

AGES 8 - 12 YEARS OLD
 PRE-REGISTRATION FREE FOR MEMBERS | \$5 NONMEMBERS
 (At the door: \$5 members | \$10 nonmembers)
 GAMES | FREE PIZZA AND ICE CREAM
 Bring a towel and dry clothes.

ARDMORE FAMILY YMCA | www.ardmorefamilyymca.org

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	 Susan Studio 2	Beginning Yoga Susan Studio 2	
10:00 AM		Aqua Strength Michaela Small Pool		Aqua Flex Michaela Small Pool	
10:15 AM	 Susan Studio 2	 Susan Studio 2	 Susan Studio 2	 Susan Studio 2	 Susan Studio 2
11:15 AM	 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)

Functional Strength —Build power and athleticism in a fun, balanced, “don’t think, just do” kind of way. Strength training like you’ve never seen before.

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.