



# ARDMORE FAMILY YMCA

## January—March 2026

STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 AM	<b>LESMILLS GRIT™</b> \$\$ Amy Studio 2	<b>spin express</b> Dezi Spin Rm		<b>spin express</b> Dezi Spin Rm	<b>LESMILLS GRIT™</b> \$\$ Amy Studio 1
5:45 AM	<b>CEREMONY</b> STUDIO Angie Studio 1	<b>LESMILLS BODYPUMP</b> Angie Studio 1	5:45 AM <b>LESMILLS BODYCOMBAT</b> Studio 1 LESMILLS Shapes Studio 1	6:15 AM <b>LESMILLS BODYPUMP</b> express Angie Studio 1	<b>CORE</b> express Sydney Studio 2
8:30 AM	<b>LESMILLS BODYCOMBAT</b> Wendy Studio 1	<b>LESMILLS BODYATTACK</b> Wendy Studio 1	<b>PURE PUMP</b> Deb Studio 1	<b>LESMILLS BODYATTACK</b> Wendy Studio 1	<b>PURE PUMP</b> Deb Studio 1
	<b>LesMills Shapes</b> Amy Studio 2		8:40 AM <b>bootybarre</b> Kelsey Studio 2	8:15 AM <b>Strengthening</b> Susan Studio 2	<b>LesMills Shapes</b> Amy Studio 2
9:15 AM	<b>CEREMONY</b> STUDIO Valarie Studio 1	<b>LESMILLS BODYBALANCE</b> Amy Studio 1		<b>LESMILLS BODYBALANCE</b> Amy Studio 1	<b>LESMILLS DANCE</b> Wendy Studio 1
	<b>spin</b> Steph Spin Rm		<b>spin express</b> Amy Spin Rm		<b>spin express</b> Steph Spin Rm
9:20 AM	<b>Strengthening</b> Susan Studio 2	<b>STRENGTH-BALANCE</b> Susan Studio 2		<b>STRENGTH-BALANCE</b> Susan Studio 2	
10:15 AM		10:30 AM <b>TODDLER TIME</b> Kelsey Studio 1			
12:15 PM	<b>LESMILLS CORE</b> Carrie Studio 1	<b>LESMILLS Shapes</b> Carrie Studio 1	<b>CEREMONY</b> Valarie Studio 1	<b>LESMILLS BODYPUMP</b> Caitlin Studio 1	
express	<b>LESMILLS GRIT™</b> \$\$ Amy Studio 2	<b>spin</b> Amy Spin Rm	<b>LESMILLS GRIT™</b> \$\$ Amy Studio 2	<b>spin</b> Amy Spin Rm	<b>spin</b> Lee Spin Rm
4:15 PM	<b>CARDIO/STRENGTH</b> Johnna Studio 1	<b>INSANITY</b> Johnna Studio 1			
5:15 PM		<b>YOGA PILATES</b> express Johnna Studio 1		<b>YOGA</b> express Robin Studio 1	
5:30 PM		<b>spin</b> Dezi Spin Rm		<b>spin</b> Dezi Spin Rm	
	<b>LESMILLS BODYBALANCE</b> Kristie Studio 1		<b>PILATES</b> Shannon Studio 2		
6:00 PM	<b>ZUMBA</b> Mari Social Hall	<b>LESMILLS BODYPUMP</b> Bill Studio 1	<b>LESMILLS DANCE</b> Wendy Studio 1	<b>LESMILLS BODYPUMP</b> Bill Studio 1	
			<b>YOGA</b> Claire Studio 2 <b>Begins Jan 21st</b>		



## WEEKEND CLASSES

STARTS	SATURDAY	STARTS	SUNDAY
8:30 AM	<b>WEIGHT ROOM WORKOUT</b> Johnna	2:00 PM	<b>LESMILLS BODYPUMP</b> Various Instructors Studio 1
9:00 AM	<b>CEREMONY</b> STUDIO Various Instructors Studio 1		
10:00 AM	<b>TRANSFORM</b> LIVE! Johnna Studio 2		
10:30 AM	<b>YOGA</b> Robin social hall		



DAY	TIME
MONDAY.....	5:30 PM
TUESDAY.....	5:30 AM
TUESDAY.....	9:15 AM
WEDNESDAY.....	5:30 PM
WEDNESDAY.....	6:15 PM
THURSDAY.....	5:30 AM
THURSDAY.....	9:15 AM

\* Save your spot at the front desk

## FIT FOR LIFE & GOLDEN

STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 AM				<b>Strengthening</b> Susan Studio 2	
9:15 AM	<b>AQUA Fit</b> Alyssa Small Pool				
9:20 AM	<b>Strengthening</b> Susan Studio 2	<b>STRENGTH-BALANCE</b> Susan Studio 2	<b>SilverSneakers®</b> <b>MSROM</b> Susan Studio 2	<b>STRENGTH-BALANCE</b> Susan Studio 2	
10:15 AM	<b>CARDIO MIX</b> Susan Studio 2	<b>SilverSneakers®</b> <b>MSROM</b> Susan Studio 2	<b>CARDIO MIX</b> Susan Studio 2	<b>SilverSneakers®</b> <b>MSROM</b> Susan Studio 2	<b>SilverSneakers®</b> <b>MSROM</b> Susan Studio 2
11:15 AM	<b>SilverSneakers®</b> <b>MSROM</b> Susan Studio 2	<b>CARDIO DRUMMING</b> Susan Studio 2			<b>CARDIO DRUMMING</b> Susan Studio 2
5:30 PM	<b>Aqua Blast</b> Johnna Small Pool		<b>Aqua Blast</b> Robin Small Pool		

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

# AEROBIC CLASS DESCRIPTIONS

**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 Drumming**— A cardio fitness class which involves upbeat music and drumsticks striking an exercise ball placed on a risers. Does not require drumming experience and is perfect for all fitness levels.

**Cardio Mix**— Who doesn't love an old school cardio aerobic workout? We're bringing the fun with a sweaty high, or low, impact session that will have you moving and grooving to awesome tunes.

## 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.

**CEREMONY** – A full-body functional circuit scientifically designed for strength and cardio conditioning. Give it your all with a community that has your back, music that motivates you, and expert coaches to push you to your max. (45-minute class)

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

**DANCE**— High-energy workout that will challenge and move you. Perfect for anyone who loves a cardio-based dance workout. (45-minute class)

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

**PILATES**—Slow, simple movements designed to improve strength & mobility with breathwork.

**Shapes**—An invigorating blend of Pilates, barre, & yoga set to modern beats. With controlled movements sculpt & strengthen all major muscle groups, improve alignment & 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 & without impact.

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

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

**Transform LIVE** — A cardio-conditioning class using the step & weights.

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

**ZUMBA**— a dance-fitness program that combines Latin and international music with easy-to-follow dance steps.