



ARDMORE FAMILY YMCA

April—June 2026

STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 AM	LES MILLS GRIT™ \$\$ Amy Studio 2	spin express Various Spin Rm		spin express Various Spin Rm	LES MILLS GRIT™ \$\$ Amy Studio 1
5:45 AM	CEREMONY STUDIO Angie Studio 1	LES MILLS BODYPUMP Angie Studio 1	5:45 AM LES MILLS BODYCOMBAT Studio 1 6:15 AM LES MILLS Shapes Studio 1	LES MILLS BODYPUMP Angie Studio 1	LES MILLS CORE Sydney Studio 1
8:30 AM	LES MILLS BODYCOMBAT Wendy 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 Shapes Amy Studio 2		8:40 AM bootybarre Kelsey Studio 2	8:15 AM Strengthening Susan Studio 2	LES MILLS Shapes Amy Studio 2
9:15 AM	CEREMONY STUDIO Valarie Studio 1	LES MILLS BODYBALANCE Amy Studio 1		LES MILLS BODYBALANCE Amy Studio 1	LES MILLS DANCE Wendy Studio 1
	spin express Steph Spin Rm		spin express Amy Spin Rm		spin express Steph Spin Rm
9:20 AM	Strengthening Susan Studio 2	STRENGTH-BALANCE Susan Studio 2		STRENGTH-BALANCE Susan Studio 2	
10:30 AM		TODDLER TIME Ages 1-4 10:30-11 AM Kelsey Studio 1		HIP HOP KIDS KIDS 4-7 10:30AM KIDS 8-12 11:15AM Scarlett Studio 1	
12:15 PM	LES MILLS CORE Carrie Studio 1	LES MILLS Shapes Carrie Studio 1	LES MILLS BODYCOMBAT Caitlin Studio 1 1	LES MILLS BODYPUMP Caitlin Studio 1	
	spin express LES MILLS GRIT™ \$\$ Amy Studio 2	spin Amy Spin Rm	LES MILLS GRIT™ \$\$ Amy Studio 2	spin Amy Spin Rm	spin Lee Spin Rm
4:15 PM	CARDIO/STRENGTH Johnna Studio 1	INSANITY Johnna Studio 1			
5:15 PM		YOGA PILATES Johnna Studio 1	LES MILLS BODYSTEP Claire Studio 1	YOGA Robin Studio 1	
5:30 PM		spin Dezi Spin Rm		spin Dezi Spin Rm	
	LES MILLS BODYBALANCE Kristie Studio 1		LES MILLS PILATES Shannon Studio 2		
6:00 PM	ZUMBA® Mari Social Hall	LES MILLS BODYPUMP Bill Studio 1	LES MILLS DANCE Wendy Studio 1	LES MILLS BODYPUMP Bill Studio 1	
	6:30 PM HIP HOP Scarlett Studio 1		6:00 PM YOGA Claire Studio 2		



WEEKEND CLASSES

STARTS	SATURDAY	STARTS	SUNDAY
8:30 AM	WEIGHT ROOM WORKOUT Johnna	2:00 PM	LES MILLS BODYPUMP Various Instructors Studio 1
9:00 AM	CEREMONY STUDIO Various Instructors Studio 1		
10:00 AM	YOGA Robin Studio 2		



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

Fee Required

Save your spot at the front desk

FIT FOR LIFE & GOLDEN

STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 AM				Strengthening Susan Studio 2	
9:15 AM	AQUA Fit Alyssa Small Pool	AQUA Fit Alyssa Small Pool	AQUA Fit Alyssa Small Pool	AQUA Fit Alyssa Small Pool	AQUA Fit Alyssa Small Pool
9:20 AM	Strengthening Susan Studio 2	STRENGTH-BALANCE Susan Studio 2	SilverSneakers® MSROM Susan Studio 2	STRENGTH-BALANCE Susan Studio 2	
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	CARDIO DRUMMING Susan Studio 2			CARDIO DRUMMING Susan Studio 2
5:30 PM	Aqua Blast Johnna Small Pool		Aqua Blast 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.

Hip Hop (ages 12 to adult) — A high-energy, accessible workouts that blends street-style choreography with rhythm and musicality. Perfect for all levels, will feature an warm-up, step-by-step breakdown of foundational grooves, and fun combinations set to popular music.

Insanity— A total-body workout program created by that uses "Max Interval Training" to burn calories. It involves 3-to-5-minute, high-intensity cardio, plyometric, and bodyweight exercises with minimal rest, aimed at high-level endurance and fat loss.

Les Mills Classes

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

Body Step – a high-energy, full-body cardio workout utilizing an adjustable step platform to improve cardiovascular fitness, coordination, and lower-body strength. (30-minute Class)

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.

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.