



ARDMORE FAMILY YMCA

July—September 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 Shapes Amy Studio 2	LES MILLS BODYATTACK Wendy Studio 1	PURE PUMP Deb Studio 1 8:40 AM bootybarre Kelsey Studio 2	LES MILLS BODYATTACK Wendy Studio 1 8:15 AM Strengthening Susan Studio 2	PURE PUMP Deb Studio 1 LES MILLS Shapes Amy Studio 2
9:15 AM	CEREMONY STUDIO Valarie Studio 1 spin express Steph Spin Rm	LES MILLS BODYBALANCE Amy Studio 1	spin express Amy Spin Rm	LES MILLS BODYBALANCE Amy Studio 1	LES MILLS DANCE Wendy Studio 1 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					
12:15 PM	LES MILLS CORE Carrie Studio 1 LES MILLS GRIT™ \$\$ Amy Studio 2	LES MILLS Shapes Carrie Studio 1 spin Amy Spin Rm	LES MILLS BODYCOMBAT Caitlin Studio 1 1 LES MILLS GRIT™ \$\$ Amy Studio 2	LES MILLS BODYPUMP Caitlin Studio 1 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		YOGA Robin Studio 1	
5:30 PM	LES MILLS BODYBALANCE Kristie Studio 1	spin Dezi Spin Rm	LES MILLS PILATES Shannon Studio 2	spin Dezi Spin Rm	
6:00 PM	ZUMBA® Mari Social Hall	LES MILLS BODYPUMP Bill Studio 1	LES MILLS DANCE Wendy Studio 1 YOGA Claire Studio 2	LES MILLS BODYPUMP Bill Studio 1	

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 Various Instructors Studio 1		
10:00 AM	YOGA Robin Studio 2		
	 STARTS 8/15 Lupita Spin Rm		



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

Fee Required

Save your spot at the front desk

Private **CEREMONY** classes are available with 5 friends or more. You pick the time and the trainer!

DON'T MISS OUR NEW CLASSES ADDED THIS AUGUST!

CEREMONY IN THE WELL Wednesdays @ 5:30 AM

SPIN Saturdays @ 10:00 AM

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.

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 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.