# ARDMORE FAMILY YMCA
# NOVEMBER 2026

| STARTS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| 5:30 AM | LES MILLS GRIT $$<br>Amy Studio 2 | spin express<br>Various Spin Rm | | spin express<br>Various Spin Rm | LES MILLS GRIT $$<br>Amy Studio 2 |
| 5:45 AM | CEREMONY<br>Angie Studio 1 | LES MILLS BODYPUMP<br>Angie Studio 1 | 5:45 AM Studio 1 LES MILLS BODYCOMBAT<br>LES MILLS Shapes 6:15 AM Studio 1 | LES MILLS BODYPUMP<br>Angie Studio 1 | LES MILLS CORE<br>Sydney Studio 1 |
| 8:30 AM | LES MILLS BODYCOMBAT<br>Wendy Studio 1 | LES MILLS BODYATTACK<br>Wendy Studio 1 | PURE PUMP<br>Deb Studio 1 | LES MILLS BODYATTACK<br>Wendy Studio 1 | PURE PUMP<br>Deb Studio 1 |
| | LES MILLS Shapes<br>Amy Studio 2 | | 8:40 AM<br>bootybarre<br>Kelsey Studio 2 | 8:15 AM<br>Strengthening<br>Susan Studio 2 | LES MILLS Shapes<br>Amy Studio 2 |
| 9:15 AM | CEREMONY<br>Valarie Studio 1 | LES MILLS BODYBALANCE<br>Amy Studio 1 | | LES MILLS BODYBALANCE<br>Amy Studio 1 | LES MILLS DANCE<br>Wendy Studio 1 |
| | spin express<br>Steph Spin Rm | | spin express<br>Amy Spin Rm | | spin express<br>Steph Spin Rm |
| 9:20 AM | Strengthening<br>Susan Studio 2 | STRENGTH-BALANCE<br>Susan Studio 2 | | STRENGTH-BALANCE<br>Susan Studio 2 | |
| 12:15 PM express | LES MILLS CORE<br>Carrie Studio 1 | LES MILLS Shapes<br>Carrie Studio 1 | | LES MILLS BODYPUMP<br>Caitlin Studio 1 | |
| | LES MILLS GRIT $$<br>Amy Studio 2 | spin<br>Amy Spin Rm | LES MILLS GRIT $$<br>Amy Studio 2 | spin<br>Amy Spin Rm | spin<br>Lee Spin Rm |
| 4:15 PM | CARDIO/STRENGTH<br>Johnna Studio 1 | INSANITY<br>Johnna Studio 1 | | | |
| 5:15 PM | | YOGA PILATES<br>Johnna Studio 1 | | YOGA<br>Robin Studio 1 | |
| 5:30 PM | LES MILLS BODYBALANCE<br>Kristie Studio 1 | spin<br>Dezi Spin Rm | LES MILLS PILATES<br>Shannon Studio 2 | spin<br>Dezi Spin Rm | |
| 6:00 PM | ZUMBA<br>Mari Social Hall | LES MILLS BODYPUMP<br>Bill Studio 1 | LES MILLS DANCE<br>Wendy Studio 1 | LES MILLS BODYPUMP<br>Bill Studio 1 | |
| | | | YOGA Hiatus<br>Studio 2 | | |

# WEEKEND CLASSES

| STARTS | SATURDAY | STARTS | SUNDAY |
|---|---|---|---|
| 8:30 AM | WEIGHT ROOM WORKOUT<br>Johnna | 2:00 PM | LesMILLS BODYPUMP<br>Various Instructors<br>Studio 1 |
| 9:00 AM | CEREMONY STUDIO<br>Various Instructors<br>Studio 1 | | |
| 10:00 AM | YOGA<br>Robin Studio 2 | | |
| | spin<br>Lupita Spin Rm | | |




## IN THE WELL

| DAY | TIME |
|---|---|
| MONDAY | 5:30 PM |
| TUESDAY | 5:30 AM |
| TUESDAY | 12:15 PM |
| WEDNESDAY | 5:30 AM |
| WEDNESDAY | 5:30 PM |
| THURSDAY | 5:30 AM |

*Fee Required*

Save your spot at the front desk

## TODDLER TIME IN THE POOL

Parent and child play time in the water

**Tuesdays @ 10:45 AM in the small pool**

# FIT FOR LIFE & GOLDEN

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

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