

Lansdowne YMCA

Adult Group Exercise & Aqua Fitness

Pre-Registration Required **ONLY** for classes with " ** "

Register Online/APP/Call the Front Desk at 610.557.YMCA (9622) Ext. 1

Effective 2/26/24



Monday

Group Exercise

9 am	Les Mills Body PUMP w/ Tina - MPR
10:05 am	Barre w/ Tina - Func Fit Room
10:15 am	Silver Sneaker Circuit w/ Elaine - Aerobics Studio
11:05am	Chair Yoga w/Andretta - Aerobics Studio
12 pm	T'ai Chi for Health w/ Kirsten - Aerobics Studio
6 pm	Zumba w/ Tynecia - Aerobics Studio
6pm	Les Mills Body Pump w/Jenna - MPR
6:15 pm	Cycle w/ Steph - Spin Studio
7 pm	Zumba w/ Michelle - Aerobics Studio
7:15 pm	Core & More w/ Steph - MPR

Aqua Fitness

8:45 am	Deep Water Aquacise w/Alyce**
9:30 am	Aqua Zumba w/ Andretta**
2 pm	Aqua Aerobics w/ Arlene**

Tuesday

Group Exercise

9 am	Stability Ball Training w/ Tina - MPR
9:05 am	Cardio Dance & Strength w/ Miriam - Aerobics Studio
9:15 am	Yoga Flow w/Jenna - Family Wellness Room
10:05 am	Silver Sneakers Chair Yoga w/ Jenna - Family Wellness Room
10:05 am	Total Body Workout w/ Tina - MPR
10:30 am	Zumba Gold w/Nikki - Aerobics Studio
12:00pm	30 min. K-Pop Cycle Ride w/ Jenna
6:00 pm	Les Mills Body Combat w/ Simone - Aerobics Studio
6:30 pm	Beginner Xtreme Hip Hop w/ Mel - MPR
6:45 pm	Mixxed Fit/Zumba w/ Chenelle & Paris - Aerobics Studio

Aqua Fitness

9 am	Aqua Aerobics w/ Alyce**
10 am	Silver Sneakers Splash w/ Alyce**

Wednesday

Group Fitness

9 am	Les Mills Body PUMP w/ Tina - MPR
10 am	Spinning45 w/ Rhonda - Spin Studio
10 am	TRX w/ Lisa -Func Fit Room
10 am	Silver Sneaker Classic w/ Elaine - Aerobics Studio
11 am	Silver Sneakers Chair Yoga w/ Andretta - Aerobics Studio
5:45 pm	Yoga w/ Jenna - Family Wellness Room
6:15 pm	Xtreme Hip Hop w/ Mel - Aerobics Studio
6:45 pm	Body Pump w/ Jenna - MPR

Aqua Fitness

9:30 am	Aqua Zumba w/Andretta**
2pm	Aqua Aerobics w/ Arlene**

Thursday

Group Exercise

9:05 am	Cardio Dance & Strength w/ Miriam - Aerobics Studio
10:30 am	Cycle 45 w/ Steph - Spin Studio
10:15 am	Silver Sneaker Circuit w/ Tina- Aerobics Studio
5:45 pm	Total Body HIIT w/ Fred - MPR
6:15 pm	Power Pilates (Contrology - Return to Health) w/ Elleen - Aerobics Studio
6:30 pm	Les Mills Body Pump w/Simone - MPR

Aqua Fitness

9 am	Aqua Aerobics w/ Alyce**
10 am	Silver Sneakers Splash w/ Alyce**

Friday

Group Exercise

6 am	Strength and Conditioning w/Chris - MPR
9 am	Cardio Kickboxing w/ Lisa - Aerobics Studio
9:15 am	Beginner Cycle30 Express w/ Jenna
10:00am	Senior Chair Yoga w/ Jenna - MPR
10:15 am	Senior Fitness & Balance w/ Arlene - Aerobics Studio
10:15 am	Pilates w/ Lisa - Func Fit Room
11 am	Line Dancing w/ Arlene - Aerobics Studio
6:15pm	Xtreme Hip Hop w/ Mel - Aerobics Studio

Aqua Fitness

9:30 am	Deep Water Aquacise w/Alyce**
2 pm	Aqua Aerobics w/ Arlene**

Saturday

Group Exercise

8 am	TRX Bootcamp w/ Chris - Func Fit Studio
9 am	Les Mills Body Pump w/ Steph- MPR
9:00 am	MixxedFit Dance Fitness w/ Paris - Aerobics Studio
10:00 am	Pilates/Power Yoga w/ Alternating Instructors - Aerobics Studio
10:15 am	Cycle w/ Steph - Spinning Studio
10:15am	Kettlebells w/ Vivian - MPR
11:00 am	Yoga Flow w/ Jenna & Shawnay- Aerobics Studio

Aqua Fitness

No Classes

Sunday

Group Exercise

9:30 am	TRX w/ Vivian - Func Fit Studio
9:00 am	Zumba w/ Ivori - Aerobics Studio
10:30 am	Yoga Flow w/Shawnay - MPR

Aqua Fitness

No Classes