

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 June 16 – August 24, 2025



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 am	Chair Yoga w/ Andretta – Aerobics Studio
12 pm	T'ai Chi for Health w/ Kirsten – Aerobics Studio
6 pm	Total Body Strength Training w/ Troy – MPR
6:15 pm	Zumba w/ Tynecia – Aerobics Studio
6:15 pm	Cycle w/ Steph – Spin Studio
7:05 pm	Hatha Yoga w/ Joy – Aerobics Studio
7:15 pm	Core & More w/ Steph – MPR

Aqua Fitness

8:50 am	Aqua Zumba w/ Andretta**
2:15 pm	Water Aerobics w/ Arlene**

Tuesday

Group Exercise

9 am	Stability Ball Training w/ Tina – MPR
9:10 am	Cardio Dance & Strength w/ Miriam– Aerobics Studio
10:05 am	Silver Sneakers Chair Yoga w/ Joy – Family Wellness Room
10:05 am	Total Body Workout w/ Tina – MPR
10:30 am	Zumba Gold w/ Nikki – Aerobics Studio
5:30 pm	Les Mills Body Pump45 w/ Simone – MPR
6:30 pm	Les Mills Body Combat45 w/ Simone– Aerobics Studio
6:30 pm	Beginner Xtreme Hip Hop w/ Ashley & Kristen – MPR
7:15 pm	Xtreme Hip Hop w/ Mel – Aerobics Studio

Aqua Fitness

8:45 am	Water Aerobics w/ Alyce**
9:40 am	Silver Sneakers Splash w/ Alyce**

Wednesday

Group Fitness

9 am	Les Mills Body PUMP w/ Tina – MPR
10 am	Cycle-45 w/ Jenna – 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
6:15 pm	Xtreme Hip Hop w/ Mel & Ashley – Aerobics Studio
7 pm	Yoga w/ Joy – MPR

Aqua Fitness

8:45 am	Aqua Zumba w/ Andretta**
1:30 pm	Water Aerobics w/ Arlene**

Thursday

Group Exercise

6 am	Cycle 45 Tabata w/ Rhonda– Spin Studio
9:10 am	Cardio Dance & Strength w/ Miriam – Aerobics Studio
10 am	Beginner TRX w/ Andretta – Func Fit Room
10 am	Beginner Cycle Class w/ Taffie – Spin Studio
10:15 am	Silver Sneaker Circuit w/ Tina– Aerobics Studio
11 am	Zumba w/ Andretta – Aerobics Studio
5:30 pm	Zumba w/ Cyndi – Aerobics Studio
6:15 pm	Total Body Strength w/ Steph – MPR
6:15 pm	Power Pilates w/ Elleen – Aerobics Studio
7 pm	TRX w/ Steph – Func Fit Room

Aqua Fitness

8:30 am	Water Aerobics w/ Alyce**
9:15 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
10:15 am	Senior Fitness & Balance w/ Arlene – Aerobics Studio
10:15 am	Pilates w/ Lisa – MPR
11 am	Line Dancing w/ Arlene – Aerobics Studio
6:15 pm	Xtreme Hip Hop w/ Mel – Aerobics Studio

Aqua Fitness

9 am	Deep Water Aquacise w/ Alyce**
2:15 pm	Water Aerobics w/ Arlene**

Saturday

Group Exercise

8 am	TRX Bootcamp w/ Chris – Func Fit Studio
9:15 am	Cycle w/ Alternating Instructors – Spin Studio
10:05 am	Zumba w/ Delrine – Aerobics Studio
10:15 am	Kettlebell Fitness w/ Vivian – MPR
11 am	Hatha Yoga w/ Shawnay – Aerobics Studio

Aqua Fitness

No Classes

Sunday

Group Exercise

9:30 am	TRX w/ Vivian – Func Fit Studio
10:30 am	Yoga Flow w/ Alt. Instructors– MPR

Aqua Fitness

No Classes