



# Ridley Area YMCA

## Adult Group Exercise & Aqua Fitness



Effective December 22 – December 31, 2025

### Monday, 12/22 & 12/29

#### Group Exercise

9 am	Strength & Conditioning w/ Cindy – Gym B
10:15 am	Stretch It Out w/ Cindy – Studio
10:15 am	Senior Muscle w/ Vivian – Gym B
11:20 am	Hula Hoop Circuit w/ Vivian – Gym B
1:30 pm	Silver Sneakers Boom Mind w/ Lynn – Studio
5:15 pm	Core Circuit w/ Amanda – Studio
6:30 pm	Pilates w/ Lorraine – Gym B
7:30 pm	Barre Strength w/ Amanda – Gym B
7:30 pm	TRX w/ Vivian – Studio

#### Aqua Fitness

9 am	Aqua Circuit w/ Amanda
9:45 am	Aquacise w/ Shannon



### Tuesday, 12/23 & 12/30

#### Group Exercise

5:15 am	Strength & Conditioning w/ Alissa – Gym A&B (12/23 only)
9 am	Total Body Circuit Tabata w/ Cindy – Gym B
10 am	Les Mills Grit w/ Cindy – Studio
10:15 am	Zumba Gold w/ Amanda – Gym B
10:35 am	25 min Stretch It Out w/ Cindy – Studio
11:15 am	Senior TRX w/ Amanda – Studio
12:15 pm	Better Balance w/ Amanda – Gym B
5:15 pm	Full Body Circuit w/ Lynn – Gym B
5:30 pm	Beginner Cycle w/ Amanda – Studio
6:15 pm	Kettle Bells w/ Amanda – Gym B
6:15 pm	Cardio Drumming w/ Lorraine – Studio
7:15 pm	Les Mills Body Pump w/ Amanda – Gym B

#### Aqua Fitness

9 am	Aqua Zumba w/ Amanda
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### Wednesday, 12/24 & 12/31

#### Group Exercise

9:15 am	Senior Strength w/ Amanda – Gym B
10:15 am	Low Impact Cardio & Strength w/ Lorraine – Gym B

### Friday, 12/26

#### Group Exercise

9 am	TRX w/ Vivian – Studio
10 am	Total Body Circuit w/ Vivian – Gym B
11 am	Senior Muscle w/ Vivian – Gym B

#### Aqua Fitness

9am	Aqua Circuit w/ Amanda
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### Saturday, 12/27

#### Group Exercise

8 am	Les Mills Body Pump w/ Amanda – Gym B
9:15 am	Yoga w/ Lorraine – Studio
9:15 am	Zumba w/ Amanda – Gym B