

# 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 January 2



### Monday

#### Group Exercise

9 am	Les Mills Body Pump w/ Tina - MPR
10 am	Silver Sneaker Circuit w/ Elaine - Aerobics Studio
10:05 am	Barre w/ Tina - Func Fit Room
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/ Monica - Spin Studio
7:05 pm	Hatha Yoga w/ Joy - Aerobics Studio
7 pm	Total Body HIIT w/ Michelle - MPR

#### Aqua Fitness

9 am	Aqua Zumba w/ Andretta**
11 am	Deep Water Aquacise w/ Alyce**
2 pm	Water Aerobics w/Arlene**

### Tuesday

#### Group Exercise

6 am	Les Mills Body Pump w/ Amber - MPR
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
6 pm	Les Mills Body Pump45 w/ Simone- MPR
6 pm	Spin45 w/ Arlene - Spin Studio
6 pm	Xtreme Hip Hop Workshop w/ Ashley- Aerobics Studio
6 pm	Xtreme Hip Hop Beginners w/ Donna & Kristen- Funct. Fitness Room
7:00 pm	Xtreme Hip Hop w/ Mel - Aerobics Studio

#### Aqua Fitness

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

### Wednesday

#### Group Fitness

9 am	Les Mills Body Pump w/ Tina - MPR
10 am	Spin45 w/ Taffie - Spin Studio
10 am	TRX w/ Lisa -Func Fit Room
10 am	Silver Sneaker Classic w/ Elaine - Aerobics Studio
10:05 am	Senior Strength & Balance w/ Tina - MPR
11 am	Silver Sneakers Chair Yoga w/ Andretta - Aerobics Studio
5:30 pm	Mixed Fit w Paris - Aerobics Studio
6 pm	Kettlebells w/ Kristin - MPR
6 pm	Cycle45 w/Eboni - Spin Studio
6:15 pm	Xtreme Hip Hop w/ Mel - Aerobics Studio
7 pm	Yoga w/ Joy - MPR

#### Aqua Fitness

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

### Thursday

#### Group Exercise

6 am	Spinning 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
10:15 am	Silver Sneaker Circuit w/ Tina- Aerobics Studio
6 pm	Total Body Strength w/ Michelle - Func. Fit Room
6 pm	Xtreme Hip Hop Beginners w/ Ashley - Aerobics Studio
6:15 pm	Power Pilates w/ Elleen - Family Wellness Room

#### Aqua Fitness

9 am	Water Aerobics w/ Alyce**
10 am	Silver Sneakers Splash w/ Alyce**
11 am	Aqua Toning w/ Andretta**

### 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
5:30 pm	Zumba w/ Delrine - Aerobics Studio
6:15 pm	Xtreme Hip Hop w/ Mel - Aerobics Studio

#### Aqua Fitness

9 am	Deep Water Aquacise w/ Alyce**
11 am	Aqua Zumba w/ Andretta**
2 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
1 pm	Xtreme Hip Hop - Aerobics Studio

#### Aqua Fitness

No Classes

### Sunday

#### Group Exercise

8:15 am	Zumba w/ Tynecia - Aerobics Studio
9:30 am	TRX w/ Vivian - Func Fit Studio
10:30 am	Yoga w/ Alternating Instructors - Aerobics Studio

#### Aqua Fitness

No Classes