

Ridley Area YMCA



Adult Group Exercise & Aqua Fitness

Effective March 2 – May 24, 2026



Monday

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
6:15 pm	Cycle w/ Lisa - Studio
6:30 pm	Pilates w/ Lorraine - Gym B
7:30 pm	Cardio Dance/Barre w/ Amanda - Gym B
7:30 pm	TRX w/ Vivian - Studio

Tuesday

Group Exercise

5:15 am	Strength & Conditioning w/ Alissa - Gym A&B
9 am	Total Body Circuit Tabata w/ Cindy - Gym B
10:15 am	Les Mills Grit/Stretch w/ Cindy - Studio
10:15 am	Zumba Gold w/ Amanda - Gym B
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
7:15 pm	Ta'i Chi Chih w/ Mary - Studio

Wednesday

Group Fitness

5:15 am	TRX and Tone w/ Vera - Studio
9 am	Cycle w/ Cindy - Studio
9:15 am	Senior Strength w/ Amanda - Gym B
10:15 am	TRX w/ Cindy - Studio
10:15 am	Low Impact Cardio & Strength w/ Lorraine - Gym B
1:30 pm	Drum for LIFE w/ Lynn - Gym B
5:15 pm	TRX w/ Amanda - Studio
6:00 pm	Xtreme Hip Hop w/ Patrice - Gym B
6:15 pm	Yoga w/ Amanda - Studio
7:15 pm	Zumba w/ Amanda - Gym B

Thursday

Group Exercise

5:15 am	Cardio Strength Interval w/ Vera - Gym B
9 am	Les Mills Body PUMP w/ Cindy - Gym B
10:15 am	Zumba Gold w/ Amanda - Gym B
10:15 am	Yoga w/ Cindy - Studio
11:15 am	Senior TRX Circuit w/ Amanda - Studio
12:15 pm	Silver Sneakers Classic w/ Amanda - Gym B
1:15 pm	Silver Sneakers Chair Yoga w/ Amanda - Studio
1:30 pm	Sit & Step w/ Lynn - Gym B
5:15 pm	Full Body Circuit w/ Lynn - Gym B
6:15 pm	Cardio Drumming w/ Theresa - Gym B
6:00 pm	PiYo 30 w/ Lorraine - Studio
6:35 pm	TRX Yoga w/ Lorraine - Studio
7:30 pm	Les Mills Body PUMP w/ Lorraine - Gym B

Friday

Group Exercise

9 am	TRX w/ Vivian - Studio
9 am	Red Hot Dance w/ Pam - Gym B
10 am	Total Body Circuit w/ Vivian - Gym B
11 am	Senior Muscle w/ Vivian - Gym B
11 am	Yoga on the mat w/ Dee - Studio
12:15 pm	Chair Yoga w/ Dee - Gym B
6:00 pm	Beginner Xtreme Hip Hop w/ Patrice - Gym B

Saturday

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
10:30 am	Cycle w/ Rotating Instructor - Studio

Sunday

Group Exercise

9:15 am	Yoga w/ Lorraine - Studio
10:30 am	Cycle w/ Danielle - Studio
11:45 am	Ta'i Chi Chih w/ Mary - Studio

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Monday

Aqua Fitness

9 am Aqua Circuit w/ Amanda

9:45 am Aquacise w/ Shannon

Tuesday

Aqua Fitness

9 am Aqua Zumba w/ Amanda

Wednesday

Aqua Fitness

No Classes

Thursday

Aqua Fitness

9 am Aqua Zumba w/ Amanda

Friday

Aqua Fitness

9am Aqua Circuit w/ Amanda

Saturday

Aqua Fitness

No Classes

Sunday

Aqua Fitness

No Classes