

# Ridley Area YMCA



## Adult Group Exercise & Aqua Fitness

Effective 6/15/2026



### Monday

#### Group Exercise

9 am	Strength & Conditioning w/ Cindy - Gym B
10:15 am	Senior Muscle w/ Vivian - Gym B
11:20 am	Hula Hoop Circuit w/ Vivian - 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 - Studio
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

### 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
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
7:15 pm	Ta'i Chi Chih w/ Mary - Studio

### 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
11:15 am	Senior TRX Circuit w/ Amanda - Studio
12:15 pm	Silver Sneakers Classic w/ Amanda - Studio
1:15 pm	Silver Sneakers Chair Yoga w/ Amanda - Studio
5:45 pm	PIYO 30 w/ Lorraine - Studio
6:15 pm	Cardio Drumming w/ Theresa - Gym B
6:20 pm	TRX Yoga 55 mins. 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	Senior Muscle w/ Vivian - Gym B
11 am	Yoga on the mat w/ Dee - Studio
12:15 pm	Chair Yoga w/ Dee - Studio
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

# Ridley Area YMCA



## Adult Group Exercise & Aqua Fitness

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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

No Classes

### Saturday

#### Aqua Fitness

No Classes

### Sunday

#### Aqua Fitness

No Classes