

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
September 8 – December 31, 2026



Monday

**Aqua Fitness Classes resume on 9/21/2026

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/ Monica – Spin Studio
7 pm	Yoga w/ Shawnay – Aerobics Studio

Aqua Fitness

9 am	Aqua Zumba w/ Andretta**
10 am	Aqua Toning w/ Andretta**
11 am	Deep Water Aquacise w/ Alyce**

Tuesday

Group Exercise

5:30 am	Spin Express 30 min w/ Kristen – Spin Studio
9 am	Stability Ball Training w/ Tina – MPR
9:10 am	Cardio Dance & Strength w/ Miriam – Aerobics Studio
9:15 am	Beginner Cycle30 Express w/ Krissy – Spin Studio
10 am	Silver Sneakers Chair Yoga w/ Deatra – 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	Beginner Xtreme Hip Hop w/ Kristen – Funct. Fitness Room
6:30 pm	Xtreme Hip Hop Mixed Levels w/ Ashley & Mel – Aerobics Studio
7 pm	Core and More w/ Michelle – MPR

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	Cycle45 w/ Taffie – Spin Studio
10 am	TRX w/ Andretta – 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 Dance w/ Paris – Aerobics Studio
6 pm	Cycle45 w/ Eboni – Spin Studio
6:15 pm	Xtreme Hip Hop Step & Tone w/ Christina – Aerobics Studio
6:30 pm	Les Mills Body Pump w/ Don – Func. Fitness Room
7 pm	Yoga w/ Aura – Aerobics Studio

Aqua Fitness

9 am	Aqua Zumba w/ Andretta**
------	--------------------------

Thursday

Group Exercise

6 am	Spin45 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
11 am	Gentle Yoga 30 min w/ Rhonda – MPR
6 pm	Total Body Strength Training w/ Michelle – MPR
6:15 pm	Power Pilates w/ Elleen – Family Wellness Room
6:30 pm	Xtreme Hip Hop Beginners w/ Donna – Aerobics Studio
7 pm	Zumba w/ Delrine – Aerobics Studio

Aqua Fitness

9 am	Water Aerobics w/ Alyce**
10 am	Silver Sneakers Splash w/ Alyce**
11 am	Aqua Toning w/ Andretta**
2pm	Aqua Fit w/ Roe**

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/ Andretta – Aerobics Studio
10:15 am	Pilates w/ Lisa – MPR
11 am	Line Dancing Cardio w/ Vonda – 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 Aquacize w/ Alyce**
11 am	Aqua Aerobics w/ Andretta**

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/ Deatra – Aerobics Studio
1 pm	Xtreme Gospel Step w/ Alternating Instructors – Aerobics Studio

Aqua Fitness

No Classes

Sunday

Group Exercise

9:30 am	TRX w/ Vivian – Func Fit Studio
10:30 am	Yoga Flow w/ Shawnay & Aura – Aerobics Studio

Aqua Fitness

No Classes