

Ridley Area YMCA



Adult Group Exercise & Aqua Fitness

Effective 9/8/2026



Monday

Group Exercise

9 am	Total Body Circuit w/ Cindy – Gym B
10:15 am	Core Fitness 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 w/ Dea – Studio
5:15 pm	Core Circuit w/ Amanda – Studio
6:15 pm	Cycle w/ Emily – 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	All Strength Tabata w/ Cindy – Gym B
10:15 am	Stretch it Out 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	Tabata 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

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 Circuit 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
10:15 am	Les Mills Grit 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
5:15 pm	Total Body Circuit w/ Kelly P – Gym B
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
10:15 am	Senior Muscle w/ Vivian – Gym B
11 am	Yoga on the Mat w/ Dea – Studio
12:15 pm	Chair Yoga w/ Dea – 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