



ARDMORE FAMILY YMCA

SEPTEMBER 2020

920 15TH Ave NW
Ardmore, OK 73401
(580) 223-3990

STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 AM	Amy Studio 2 \$ \$	Sydney Spin Room		Sydney Spin Room	Amy Studio 1 \$ \$
5:45 AM	Sydney Studio 1	Angie Studio 1	Amy Studio 1	Angie Studio 1	Kelsey Studio 2
8:30 AM		Deb Studio 2		Strengthening Susan Studio 2	
8:30 AM		Michaela Studio 1	RIP Deb Studio 1	Wendy Studio 1	RIP Deb Studio 1
9:15 AM		Stephanie Social Hall	CLASSIC AND ATHLETIC CARDIO STEP Deb Studio 1 express		CLASSIC AND ATHLETIC CARDIO STEP Deb Studio 2 express
9:15 AM	Wendy Studio 1	Amy Studio 1	The BARRE Kelsey Reformer Room	Amy Studio 1	Amy Studio 1
9:15 AM	Strengthening Susan Studio 2	Beginning Yoga Susan Studio 2	SilverSneakers MSROM Susan Studio 2	Beginning Yoga Susan Studio 2	
9:15 AM	Jana Spin Room		Amy Spin Room		Stephanie Spin Room
10:15 AM	SilverSneakers Cardio Susan Studio 2	SilverSneakers MSROM Susan Studio 2	SilverSneakers Cardio Susan Studio 2	SilverSneakers MSROM Susan Studio 2	SilverSneakers MSROM Susan Studio 2
10:30 AM	Michaela Studio 1		Michaela Studio 1		Michaela Studio 1

Saturday Morning Classes

8:30 a.m.

Weight Room Workout
CXWORX in Studio 1

10:00 a.m.

Transform LIVE in Studio 2

9:00 a.m.

Body Combat in Studio 1

10:30 a.m.

Yoga Social Hall



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH TIME—EXPRESS CLASSES					
12:15 PM	Crush, Crunch, Cram Amy Studio 1	 Milissa Studio 1	Crush, Crunch, Cram Amy Studio 1	 Milissa Studio 1	
12:15 PM	 Nicole Spin Room	 Carrie Studio 2	 Nicole Spin Room	 Carrie Studio 2	

STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:15 PM			 Shannon Studio 1		
4:15 PM	Cardio/Strength Mix Johnna Studio 1	 Johnna Studio 1	Cardio/Strength Mix Johnna Studio 2	 Johnna Studio 1	
5:15 PM		YOGA PILATES <i>express</i> Studio 1 Johnna		YOGA PILATES <i>express</i> Studio 1 Johnna	
5:30 PM	 Michaela Studio 1	 Wendy Studio 2	 Keri Studio 2	 Sydney Studio 2	 Kristie Studio 1
5:30 PM	Yoga Lexi Social Hall	 Stephanie Spin Room		 Stephanie Spin Room	
5:30 PM		\$\$ Amy Grit Room		\$\$ Amy Grit Room	
6:00 PM	 Ashley Spin Room	 Bill Studio 1		 Bill Studio 1	

Sunday Afternoon Classes

2:00 p.m.
Body Pump in Studio 1
4:00 p.m.
Barre in Reformer Room
(13th & 27th only)

Pickleball

Tuesday 5:30-8:30 p.m.
Thursday 5:30-8:30 p.m.
Saturday 10:00—2:00 p.m.

CLASS DESCRIPTIONS

Barre – Ballet inspired workout creating strong lean muscle.

Crush, Crunch & Cram – Cardio Strength Fusion class using body weight & free weights. All fitness level Interval training. (30-minute class)

Cardio Step – Full-body cardio workout incorporating classic and athletic step movements.

Insanity – Body Weight Training, cardio, plyometrics, and core.

Les Mills Classes:

Body Attack – Choreographed high-energy cardio class combining athletic moves like running, lunging and jumping with strength exercises.

Body Combat – Choreographed martial art-based cardio workout.

Body Flow – Choreographed movement incorporating Yoga, Tai Chi & Pilates.

Body Pump – Choreographed strength training for all your major muscle groups using barbells & free weights.

CXWORX – Core (abs, glutes, back, oblique), strength training utilizing resistance tubes & weights. (30-minute Class)

Grit – High Intensity Interval Team Training, strength, cardio & plyo. (30-minutes \$\$)

Sprint – High Intensity Interval Spin Class; Cardio. (30-minute Class)

Piloxing—A fusion of boxing, pilates, and dance. Perfect for all fitness levels

Rip – Choreographed strength training for all your major muscle groups using barbells & free weights.

Saturday Weight Room Training – Progressive workout using weight room equipment along with super, Tri & Giant Sets of Upper & Lower Body Muscle Groups. (1 ½ Hr. Class)

Silver Sneakers Classes:

Cardio Fit – Active Adult class to increase cardiovascular & muscular endurance, agility & coordination.

MSROM – Core class to increase functional strength, agility, balance & coordination.

Yoga Stretch & Strength – Universal class targets balance, range of movement, muscular endurance, restorative breathing & mind/body integration. (exercises can be done from a chair)

Spinning – Cardio & Core workout both seated & standing using stationary bike which is easy on joint & no impact.

Body Sculpting – High rep weight training & core work using a variation of fitness tools.

Tai Chi – Gentle movement & postures designed to improve balance, increase flexibility and reduce stress. (30-minute class)

Transform LIVE – High intensity, cardio-conditioning class using the step.

Yoga – Foundational class for beginner & advanced individuals for improving balance, flexibility, strength & reducing stress.

Zumba – Cardio Dance set to various styles of Latin music with a mix of Hip Hop.