



# ARDMORE FAMILY YMCA

## OCTOBER 2024

STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 AM	<b>LES MILLS GRIT™</b> \$\$ Amy Studio 2	<b>spin express</b> Sydney Spin Rm		<b>spin express</b> Sydney Spin Rm	<b>LES MILLS GRIT™</b> \$\$ Amy Studio 1
5:45 AM	<b>LES MILLS BODYCOMBAT</b> Sydney Studio 1	<b>LES MILLS BODYPUMP</b> Angie Studio 1	5:45 AM <b>LES MILLS BODYCOMBAT</b> Studio 1 6:15 AM <b>LES MILLS Shapes</b> Studio 1	<b>LES MILLS BODYPUMP</b> Angie Studio 1	<b>LES MILLS CORE express</b> Sydney Studio 2
8:30 AM	<b>LES MILLS BODYCOMBAT</b> Wendy Studio 1	<b>LES MILLS BODYATTACK</b> Wendy Studio 1	<b>PURE PUMP</b> Deb Studio 1	<b>LES MILLS BODYATTACK</b> Wendy Studio 1	<b>PURE PUMP</b> Deb Studio 1
	<b>LES MILLS Shapes</b> Amy Studio 2		<b>bootybarre</b> Kelsey Studio 2	8:15 AM <b>Strengthening</b> Susan Studio 2	<b>LES MILLS Shapes</b> Carrie Studio 2
9:15 AM	<b>LES MILLS FUNCTIONAL STRENGTH</b> Kelsey Studio 1	<b>LES MILLS BODYBALANCE</b> Amy Studio 1	<b>CARDIO HIIT express</b> Kelsey Studio 1	<b>LES MILLS BODYBALANCE</b> Amy Studio 1	<b>LES MILLS DANCE</b> Wendy Studio 1
	<b>spin</b> Steph Spin Rm		<b>spin express</b> Amy Spin Rm		<b>spin</b> Steph Spin Rm
9:20 AM	<b>Strengthening</b> Susan Studio 2	<b>Stretch &amp; Balance</b> Susan Studio 2		<b>Stretch &amp; Balance</b> Susan Studio 2	
10:15 AM	<b>LES MILLS BODYPUMP</b> Stephanie Studio 1		<b>LES MILLS BODYPUMP</b> Stephanie Studio 1		<b>LES MILLS BODYPUMP</b> Stephanie Studio 1
12:15 PM	<b>LES MILLS CORE</b> Carrie Studio 1	<b>LES MILLS Shapes</b> Carrie Studio 1	<b>LES MILLS FUNCTIONAL STRENGTH</b> Carrie Studio 1	<b>LES MILLS BODYPUMP</b> Caitlin Studio 1	<b>Stretch!</b> Valarie Studio 1
	<b>LES MILLS GRIT™</b> \$\$ Amy Studio 2	<b>spin</b> Amy Spin Rm	<b>LES MILLS GRIT™</b> \$\$ Amy Studio 2	<b>spin</b> Amy Spin Rm	<b>spin</b> Lee Spin Rm
4:15 PM		<b>CARDIO &amp; WEIGHTS</b> Johnna Studio 1		<b>CARDIO &amp; WEIGHTS</b> Johnna Studio 1	
5:15 PM		<b>YOGA PILATES express</b> Johnna Studio 1		<b>YOGA PILATES express</b> Johnna Studio 1	
5:30 PM	<b>LES MILLS BODYCOMBAT</b> Caitlin Studio 1	<b>spin</b> Dezi Spin Rm		<b>spin</b> Steph Spin Rm	<b>BOXING AND BARBELLS®</b> Wendy Studio 1
	<b>LES MILLS BODYBALANCE</b> Kristie Studio 2			5:30 PM Studio 2 <b>LES MILLS BODYCOMBAT</b> 6:00 PM Studio 2 <b>LES MILLS Shapes</b> <b>express</b>	
6:00 PM		<b>LES MILLS BODYPUMP</b> Bill Studio 1	<b>LES MILLS DANCE</b> Wendy Studio 1	<b>LES MILLS BODYPUMP</b> Bill Studio 1	
6:30 PM	<b>LES MILLS Shapes</b> Caitlin Studio 1	<b>Express</b> classes are 30 minutes in length. All other classes are between 45 to 55 minutes.			



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### WEEKEND CLASSES

STARTS	SATURDAY	STARTS	SUNDAY
8:30 AM	<b>WEIGHT ROOM WORKOUT</b> Johnna Weight Room	2:00 PM	<b>LES MILLS BODYPUMP</b> Various Instructors Studio 1
	<b>LES MILLS CORE express</b> Sydney Studio 1		
9:00 AM	<b>LES MILLS BODYCOMBAT</b> Sydney Studio 1		
10:00 AM	<b>TRANSFORM LIVE!</b> Johnna Studio 2		
10:30 AM	<b>YOGA</b> Robin social hall		

**LES MILLS BODYCOMBAT 100**

Saturday, Oct 26  
9:00 AM in Studio 1

Celebrate with thousands of participants around the world!

Free and open to All

### FIT FOR LIFE AND GOLDEN

STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 AM				<b>Strengthening</b> Susan Studio 2	
9:15 AM	<b>Aqua Arthritis</b> Kristie Small Pool		<b>Aqua Plunge</b> Kristie Small Pool		<b>Splash for Fun!</b> Caitlin Small Pool
9:20 AM	<b>Strengthening</b> Susan Studio 2	<b>Stretch &amp; Balance</b> Susan Studio 2	<b>SilverSneakers<sup>®</sup> MSROM</b> FITNESS Susan Studio 2	<b>Stretch &amp; Balance</b> Susan Studio 2	
10:00 AM		<b>Water Aerobics</b> Madison Small Pool	<b>10:15 AM—11:15 AM Fit 4 Life 101</b> Lauren Weight Room	<b>Water Aerobics</b> Madison Small Pool	
10:15 AM	<b>CARDIO MIX</b> Susan Studio 2	<b>SilverSneakers<sup>®</sup> MSROM</b> FITNESS Susan Studio 2	<b>CARDIO MIX</b> Susan Studio 2	<b>SilverSneakers<sup>®</sup> MSROM</b> FITNESS Susan Studio 2	<b>SilverSneakers<sup>®</sup> MSROM</b> FITNESS Susan Studio 2
11:15 AM	<b>SilverSneakers<sup>®</sup> MSROM</b> FITNESS Susan Studio 2				
5:30 PM	<b>Aqua Blast</b> Johanna Small Pool		<b>Aqua Blast</b> Johanna Small Pool		

# AEROBIC CLASS DESCRIPTIONS

**Boxing & Barbells (B&B)**- A method of teaching authentic boxing in a fitness space. Designed by an Olympic coach, the combination of boxing AND weight lifting is an incredible way to make your body strong

**Booty Barre**— A full-body work out blends movements at the Barre with resistance bands, light weights, and sliders to build strength, coordination, and balance.

**Cardio HIIT**— Sort bursts of intense work that typically lasts between 15 seconds and 4 minutes.

**Cardio Mix** — Do it like you use to do! A variety of dance-like motions to get the heart rate up, burn calories, with a little bit of muscle strengthening.

**FIT FOR LIFE 101** — Build both strength and confidence in this weight room class. Learn proper use of the weight room equipment and free weights. Prioritize form and incorporate functional fitness elements to ensure longevity in your fitness journey.

## 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 Balance** – Choreographed movement incorporating Yoga, Tai Chi & Pilates.

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

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

**DANCE**— A 45-minute, high-energy workout that will challenge and move you. Perfect for anyone who loves a cardio-based dance workout.

**Functional Strength** —Build power and athleticism in a fun, balanced, “don’t think, just do” kind of way. Strength training like you’ve never seen before.

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

**Shapes**— *New to the LesMills format.* An invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility.

**Pure Pump** –45 minutes of low-weight, high-rep choreographed strength training that gets your heart pumping. The focus is on all the 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

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

**Spin** – Cardio & Core workout, both seated & standing, using stationary bike. Workout is easy on joints & no impact.

**Strengthening** – High rep weight training & core work using a variation of fitness tools.

**Stretch & Balance** – Targets balance, range of movement, restorative breathing & mind/body integration. 30 Minutes of stretches, 15 minutes of balance(exercises can be done from a chair)

**Transform LIVE/Strength** — High intensity, cardio-conditioning class using the step & weights.

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