



ARDMORE FAMILY YMCA DECEMBER 2024

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



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WEEKEND CLASSES GIFT CERTIFICATES

STARTS	SATURDAY	STARTS	SUNDAY
8:30 AM	WEIGHT ROOM WORKOUT Johnna Weight Room	2:00 PM	LES MILLS BODYPUMP Various Instructors
	LES MILLS CORE express Sydney Studio	HOLIDAY HOURS Christmas Eve 5:00 AM—1:00 PM Christmas Day CLOSED New Year's Eve 5:00 AM—1:00 PM New Year's Day CLOSED	
9:00 AM	LES MILLS BODYCOMBAT Sydney Studio		
10:00 AM	TRANSFORM LIVE! Johnna Studio 2		
10:30 AM	YOGA Robin social hall		



FIT FOR LIFE AND GOLDEN

STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 AM				Strengthening Susan Studio 2	
9:15 AM	Aqua Arthritis Kristie Small Pool		Aqua Plunge Kristie Small Pool		Splash for Fun! Caitlin Small Pool
9:20 AM	Strengthening Susan Studio 2	Beginning Yoga Susan Studio 2	SilverSneakers[®] MSROM FITNESS Susan Studio 2	Beginning Yoga Susan Studio 2	
10:00 AM		Hydro HIIT Madison Small Pool	10:15 AM—11:15 AM Fit 4 Life 101 Lauren Weight Room	Hydro HIIT Madison Small Pool	
10:15 AM	CARDIO MIX Susan Studio 2	SilverSneakers[®] MSROM FITNESS Susan Studio 2	CARDIO MIX Susan Studio 2	SilverSneakers[®] MSROM FITNESS Susan Studio 2	SilverSneakers[®] MSROM FITNESS Susan Studio 2
11:15 AM	SilverSneakers[®] MSROM FITNESS Susan Studio 2				
5:30 PM	Aqua Blast Small Pool		Aqua Blast Small Pool		