



DON'T MISS OUT ON FALL FITNESS.



REACHING GOALS

The Community YMCA is dedicated to helping individuals and families achieve their health and fitness goals.

Our Wellness Centers offer state-of-the-art equipment, the latest fitness classes, personal training and nutrition consultations, weight loss programs and a certified caring staff to assist you in your health journey.

Our Group exercise classes provide an opportunity to workout with others in a welcoming, motivating environment that produces results. No matter what age or fitness level, we have a class for you.

LANSDOWNE YMCA FITNESS CLASSES

Monday

Pound	9-9:45am
Cardio Kickboxing	9:05-10am
BODYPUMP	9:45-10:40am
SilverSneaker Classic	10:05-11am *
Functional Fitness	5:05-6pm
30/30 Cardio	6:05-7pm
Absolute Abs NEW	630:7pm
Cardio Dance & More	7:05-8pm
BODYPUMP Express	7:15-8pm
Latin/Hip Hop Fusion	8:05-9pm

Tuesday

Cycle 45	9-9:45am
Cardio Dance & More	9:05-10am
Strength Basics	10:05-11am
Absolute Abs	10-10:30am
SilverSneaker Yoga	11:15am-12pm
Total Body Tone	6:05-7pm
Cycle 45	6:15-7pm
Mat Pilates	7:05-8pm
Boot Camp	7:15-8pm
Zumba	8:05-9pm
BODYPUMP	8:05-9:05pm

Wednesday

Zumba Gold	9:05-10am *
Cycle 30/Core	9:15-9:45am
TRX Circuit	10:05-10:50am
SilverSneaker Cardio/Circuit	10:05-11am *
SilverSneaker Yoga	11-11:45am *
Barre Fusion	5:05-6pm
Interval Training	6:05-7pm
Pound	7:05-8pm
Zumba	7:05-8pm
Yoga	8:05-9pm

Thursday

Cardio Dance & More	9:05-10am
Cycle 30	9:15-9:45am
Cardio Strength Circuit	10:05-11am
Absolute Abs	10-10:30am
Mat Pilates	11:15am-12pm
Pound	5:05-5:50pm
BODYPUMP	6:05-7pm
Zumba	6:05-7pm
Cycle 45	7:05-7:50pm
Mat Pilates	7:05-8pm
Insanity	7:15-8pm
Global Dance	8:05-9pm
Yoga	8:05-9pm

Friday

Cardio Kickboxing	9:05-10am
BODYPUMP	9:30-10:30am
Senior Fitness & Balance	10:05-11am *
Barre Fusion	11:15am-12pm
Zumba	6-6:45pm
Yoga	6:50-7:45pm

Saturday

BODYPUMP	8-9am
Barre Fusion	8:30-9:15am
Cycle 45	9:15-10am
Pound	9:15-10am

Sunday

Global Dance NEW	9:15-10:10am
Cardio Combo	10:30-11:25am
Yoga	11:30am-12:25pm

* Senior Program

LANSDOWNE YMCA AQUATIC FITNESS CLASSES

Water Walking

Deep water class that includes cardio and strengthening exercises while wearing a buoyancy belt.

M/W	9-9:45am	LY
M/W	8:30-9:15pm	LY
T/TR	9-9:45am	LY
T/TR	9:45-10:30am	LY

Water Aerobics

Shallow water class providing an opportunity for cardio and strength work while reducing impact on your joints.

T/TR	9:15-10am	LY
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Silver Sneakers Splash

Shallow water class using splash kick boards and choreography to increase agility, range of motion and cardiovascular conditioning.

T/TR	10:15-11am	LY
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Aqua Zumba

Fun cardio-dance class, in the shallow end of the pool, that combines Latin movements for an effective workout.

M/W	8:30-9:15pm	LY
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Bad Back

Stretch, loosen and strengthen muscles to help those with back pain and discomfort.

M/W/F	2-2:45pm	LY
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Group Exercise and Adult Aquatic classes are offered year-round and are included in your full privilege membership. Classes are open to community participants on a limited basis.