



# ADULT PROGRAMS & CLASSES

JANUARY - JUNE 2019

Ridley Area YMCA



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610.544.1080

## CLASSES FOR AGES 13+

### Monday

Boot Camp	5:15 AM-6:10 AM
TRX Circuit	5:30 AM-6:15 AM
Les Mills Body Pump	9:15 AM-10:15 AM
HIIT Cycle Workout	9:30 AM-10:00 AM
PIYO	10:15 AM-11:15 AM
Boot Camp	10:30 AM-11:30 AM
Senior Strength and TRX	11:30 AM-12:15 PM
Les Mills Body Pump Express	12:00 PM-12:30 PM
Low Impact Cardio Fitness	1:00 PM -1:45 PM
Cycle	5:00 PM -5:45 PM
Mat Pilates	6:00 PM -6:55 PM
Les Mills Body Combat	6:05 PM -7:00 PM
Red HOT Dance	7:05 PM -8:00 PM
Cycle Abs	7:15 PM -8:00 PM

### Tuesday

All Strength	5:15 AM-6:10 AM
Les Mills GRIT/CXWORX	9:15 AM-10:15 AM
Silver Sneaker Classic	9:15 AM-10:00 AM
Cycle Kettlebells	10:30 AM-11:15 AM
Stretch & Stregnth	10:30 AM-11:15 AM
Power Yoga	11:30 AM-12:30 PM
Zumba Gold	11:30 AM-12:15 PM
Better Balance	12:45 PM-1:30 PM
TRX Circuit	5:00 PM-5:45 PM
Cycle Abs	6:00 PM-7:00 PM
POUND Combo	6:05 PM-7:00 PM
Vinayasa Yoga	7:15 PM-8:15 PM
Les Mills Body Pump	7:30 PM-8:30 PM

### Wednesday

Strength and Conditioning	5:15 AM-6:10 AM
Cycle	5:30 AM-6:15 AM
Cycle TRX	9:15 AM-10:15 AM
Les Mills Body Pump	9:15 AM-10:15 AM
TRX Boot Camp	10:30 AM-11:30 AM
Senior Strength	10:45 AM-11:30 AM
Silver Sneaker Yoga	11:30 AM-12:15 PM
All Abs	11:45 AM-12:15 PM
Silver Sneaker Circuit	12:15 PM-1:00 PM
Low Impact Cardio Fitness	1:00 PM -1:45 PM
Cycle	4:00PM-4:45PM
Cycle	5:00 PM -5:45 PM
Mat Pilates	6:00 PM -6:55 PM
Les Mills Barre	6:05 PM -6:50 PM
Vinyasa Yoga	7:00 PM -8:00 PM
Zumba	7:05 PM -8:00 PM

### Thursday

Les Mills GRIT/CXWORX	5:15 AM-6:15 AM
Pilates Flow	5:30 AM-6:25 AM
Les Mills Grit Core	9:15 AM-10:15 AM
Silver Sneaker Classic	9:15 AM-10:00 AM
Beginner Ballet Workout	10:30 AM-11:15 AM
Power Yoga	10:30 AM-11:45 AM
Zumba Gold	11:30 AM-12:15 PM
Gentle Yoga	12:45 PM-1:30 PM
TRX Circuit	5:00 PM-5:45 PM
Gentle Yoga	6:00 PM -7:00 PM
Les Mills CXWORX	6:00 PM -6:30 PM
Les Mills BARRE	6:45 PM-7:15 PM
Vinyasa Yoga	7:15 PM -8:15 PM
Les Mills Body Pump	7:30 PM -8:30 PM

### Friday

Boot Camp	5:15 AM-6:10 AM
Cycle	5:30 AM-6:15 AM
Power Cycle	9:15 AM-10:15 AM
Red Hot Dance	9:15 AM-10:10 AM
Les Mills Body Pump	10:30 AM-11:30 AM
Vinyasa Yoga	10:30 AM-11:30 AM
Les Mills CXWORX	11:45 AM-12:15 PM
Senior Strength and TRX	11:45 AM-12:30 PM
Low Impact Cardio Fitness	1:00 PM -1:45 PM
Les Mills Body Combat	6:00 PM -6:45 PM
Cardio Drumming	6:00-6:45 PM
Zumba	7:00 PM -7:45 PM

### Saturday

Les Mills Body Pump	8:00 AM-9:00 AM
Beginner Cycle	8:30 AM-9:00 AM
Power Cycle	9:15 AM-10:15 AM
Zumba	9:15 AM-10:10 AM
Les Mills CXWORX	10:30 AM-11:00 AM
PiYo	11:15 AM-12:15 AM

### Sunday

Guided Meditation	9:05 AM-9:50 AM
Vinyasa Yoga	10:00 AM-11:00 AM
Cycle	11:15AM-12:00 PM
T'ai Chi Chih	11:15 AM-12:15 PM
POUND	12:00 PM-12:55 PM
Red Hot Dance	1:00 PM 2:00 PM
Vinyasa Meditation Yoga	1:30 PM 2:45 PM

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