

# Ridley Area YMCA

## Adult Group Exercise & Aqua Fitness

Summer Session: June 21st - August 29th

Pre-Registration Required ONLY for Cycle and TRX Classes

Register Online or Call the Front Desk at 610.557.YMCA (9622)



### Monday

#### Group Exercise

5:30am	Cycle w/ Danielle
9am	Boot Camp w/ Cindy
10:15am	Silver Sneaker Boom w/ KT
11:15am	Yin Yoga w/ Janine
6:15pm	Cycle w/ Rhonda
6:30pm	Pilates w/ Lorraine
7:30pm	Red Hot Dance w/ Lorraine

#### Aqua Fitness

9am	Aqua Easy w/ Bonnie
9:55am	Aqua Splash Down w/ Bonnie

### Tuesday

#### Group Exercise

5:15am	Les Mills Body Pump w/ Cindy
9am	Les Mills Grit/Core w/ Cindy
10:15am	Zumba Gold w/ Amanda
11:15am	Senior TRX w/ Amanda
5:30pm	Les Mills Core w/ Lorraine
6:15pm	POUND w/ Lorraine
7:30pm	Les Mills Body Pump w/ Amanda

#### Aqua Fitness

No classes

### Wednesday

#### Group Fitness

5:15am	Tabata TRX w/ Cindy
9am	Cycle w/ Cindy
9:30am	Senior Strength w/ Amanda
10:30am	TRX w/ Amanda
10:30am	Silver Sneakers Circuit w/ Jean
12pm	Drum For Life w/ Lynn
5:15pm	TRX w/ Amanda
6:15pm	Yoga w/ Amanda
7:30pm	Zumba w/ Amanda

#### Aqua Fitness

9am	Aqua Easy w/ Bonnie
9:55am	Aqua Splash Down w/ Bonnie

### Thursday

#### Group Exercise

9am	Les Mills Body Pump w/ Cindy
10:15am	Low Impact Cardio w/ Lorraine
6:15pm	Cardio Drumming w/ Lynn
7:30pm	Les Mills Body Pump w/ Lorraine

#### Aqua Fitness

9am	Aqua Interval w/ Amanda
9:50am	Aqua Zumba w/ Amanda

### Friday

#### Group Exercise

5:30am	Cycle w/ Danielle
8:15am	Les Mills Body Pump Express w/ Lorraine
9am	Red Hot Dance w/ Rhonda
10:15am	Yoga w/ Lorraine
11am	Better Balance w/ Amanda
6pm	Les Mills Body Combat w/ Lorraine
7pm	Zumba w/ Vonda

#### Aqua Fitness

9am	Aqua Easy w/ Bonnie
9:55am	Aqua Splash Down w/ Bonnie

### Saturday

#### Group Exercise

8am	Les Mills Body Pump w/ Amanda
9:30am	Yoga w/ Lorraine
10:30am	Cycle w/ Rhonda

#### Aqua Fitness

No Classes

### Sunday

#### Group Exercise

9:30am	Yoga w/ Lorraine
10:30am	Cycle w/ Danielle

#### Aqua Fitness

No Classes