



The Family YMCA of Lancaster & Fairfield

ROBERT K. FOX FAMILY YMCA

Fitness Planner

MONDAY

Morning	Start	Time	Room	Led By
Barre/Pilates	5:15	30	MG	Kathleen
Core & Stretch	9:00	45	FG	Annie
Morning Splash	9:00	60	FP	Pam/Margo
SS - Boom Muscle	9:45	40	FG	Annie
SS - Boom Move	10:30	30	FG	Annie
SS - Stability	11:00	30	FG	Annie
AquaFit	10:00	60	WP	Pam
Aqua Moves	12:00	60	FP	Taylor
Afternoon	Start	Time	Room	Led By
Iron Teens Advanced	5:00	90	WC	Sam

TUESDAY

Morning	Start	Time	Room	Led By
Body Pump	5:30	45	FG	Carrie W.
Stretch for Flex	8:00	45	FG	Tamatha
Body Sculpting	8:00	45	PR	Amy
SS - Classic	8:45	45	MG	Annie
Body Pump	9:00	60	FG	Seth
Yoga Flow	9:00	45	PR	Amy
SS - Chair Yoga	9:30	30	MG	Annie
Walking Class	10:15	45	WC	April
SS - Circuit	10:15	45	FG	Annie
Afternoon	Start	Time	Room	Led By
YMCA Fit	5:45	45	MG	Mich
Running	6:00	60	WC	Bob Ross

WEDNESDAY

Morning	Start	Time	Room	Led By
Barre/Pilates	5:15	30	FG	Kathleen
Core & Stretch	9:00	45	FG	Annie
Morning Splash	9:00	60	FP	Pam/Margo
SS - Boom Muscle	9:45	40	FG	Annie
SS - Boom Move	10:30	30	FG	Annie
SS - Stability	11:00	30	FG	Annie
AquaFit	10:00	60	WP	Pam
Aqua Moves	12:00	60	FP	Taylor
Afternoon	Start	Time	Room	Led By

THURSDAY

Morning	Start	Time	Room	Led By
Body Pump	5:30	45	FG	Carrie W.
Stretch for Flex	8:00	45	FG	Tamatha
SS - Classic	8:45	45	MG	Annie
Amy's Fitness Circuit	8:00	45	PR	Amy
Yoga Flow	9:00	45	PR	Amy
Body Pump	9:00	60	FG	Seth
SS - Chair Yoga	9:30	30	MG	Annie
Restorative Yoga	10:00	60	PR	Amy
Walking Class	10:15	45	WC	April
SS - Circuit	10:15	45	FG	Annie
Afternoon	Start	Time	Room	Led By
YMCA Fit	5:45	45	MG	Mich
Running	6:00	60	WC	Bob Ross

FRIDAY

Morning	Start	Time	Room	Led By
HIIT	5:30	30	FG	Heather
Instructor's Choice	8:30	60	FG	Tamatha
Morning Splash	9:00	60	FP	Pam/Margo
AquaFit	10:00	60	WP	Pam
Aqua Moves	12:00	60	FP	Taylor
Afternoon	Start	Time	Room	Led By

SS	Silver Sneakers
PR	Pickerington Room
FG	Fulton Gym
MG	Martens Gym
WP	Wendel Pool
FP	Fox Pool
WC	Wellness Center



CLASS DESCRIPTIONS

GETTING HEALTHY TOGETHER

All fitness classes are for free for YMCA of Lancaster & Fairfield County Members
Non-members are required to pay the non-member fee for each class.

STRETCH FOR FLEX

Description: A gentle, guided class focused on improving flexibility, joint mobility, and range of motion. Perfect for all fitness levels—especially those looking to enhance recovery, reduce stiffness, and feel more limber throughout the day.
Instructor: Tamatha S.

Non-Member Fees: \$50

YMCA FIT

A moderate-intensity class blending cardio and strength exercises designed to build endurance and confidence.
Instructor: Mich C.

Non-Members Fee: \$50

BODY PUMP

Description: A full-body barbell workout using light to moderate weights with high repetitions to tone and strengthen muscles.

Instructor: Carrie W.

Days/Times Offered: Tuesday,
Thursday | 5:30 - 6:15 am

Instructor: Seth C.

Days/Times Offered: Tuesday,
Thursday | 9 - 10 am

Non-Member Fee: \$80

RUNNING CLASS

Description: An instructor-led group run designed to improve endurance, speed, and running technique.

Instructor: Bob R.

Non-Members Fee: \$80

HIIT (HIGH INTENSITY INTERVAL TRAINING)

Description: A 30-minute intense workout alternating short bursts of activity with recovery periods for maximum fat burn and endurance.

Instructor: Heather C.

Non-Members Fee: \$50

CORE AND STRETCH

Description: Focuses on strengthening your abdominal and back muscles while incorporating deep stretching for flexibility and relaxation.

Instructor: Annie W.

Non-Members Fee: \$50

INSTRUCTORS CHOICE

Description: Designed for all fitness levels, this class will give you a lot of variety in your routine.

You never know what the instructor has planned for the day!

Instructor: Tamatha

Non-Members Fee: \$50

BARRE PILATES

Description: Combines ballet-inspired barre work with Pilates core exercises to strengthen, tone, and improve posture and balance. Low-to-no-impact class!

Instructor: Kathleen

Non-Members Fee: \$50

YOGA FLOW

Description: A dynamic sequence of poses connecting movement and breath, improving flexibility, balance, and mental clarity.

Instructor: Amy

Non-Members Fee: \$41

RESTORATIVE YOGA

Description: Gentle, relaxing poses held for longer periods using props to support full-body relaxation and stress relief.

Instructor: Amy

Non-Members Fee: \$41

BODY SCULPTING

Description: Combines ballet-inspired barre work with Pilates core exercises to strengthen, tone, and improve posture and balance. Followed by Total Resistance Training (TRX) and cardio for a full-body workout. All levels welcome!

Instructor: Amy

Non-Members Fee: \$41

WALK THIS WAY - WALKING CLASS

This is a great introduction class for those looking to get started on their exercise journey or to get acquainted with the YMCA. Walking is a safe and effective way to get moving and stay moving. For the winter months, this class will meet inside and will use the 6th Avenue walking track.

Instructor: April



The Family YMCA of Lancaster & Fairfield

RIVER VALLEY CAMPUS

Fitness Planner

MONDAY

Morning	Start	Time	Room	Led By
Indoor Cycling	6:00	45	Track	John/Peggie
SS Chair Yoga	9:30	45	Gym	Taylor
SS Circuit	10:30	50	Gym	Carolyn
Enhance Fitness	11:30	60	Gym	Annie
Afternoon	Start	Time	Room	Led By
GeriFit	12:00	45	C2	Angie
Boot Camp	5:30	45	Gym	Jenni F
Strength, Stretch, & Flex	5:30	60	C2	Mich C.

THURSDAY

Morning	Start	Time	Room	Led By
Express Spin	5:30	45	Track	Maureen
Fast, Fun & Done	9:30	45	Gym	Stacey U.
SS Classic	9:30	45	C2	Maura
SS Enerchi	10:30	45	C2	Maura
Afternoon	Start	Time	Room	Led By
Parkinson's	1:00	60	C2	Angie

TUESDAY

Morning	Start	Time	Room	Led By
Express Spin	5:30	45	Track	Maureen
Fast, Fun & Done	9:30	45	Gym	Stacey U.
SS Classic	9:30	45	C2	Maura
SS Enerchi	10:30	45	C2	Maura
Afternoon	Start	Time	Room	Led By
Parkinson's	1:00	60	C2	Angie
Cardio Drumming	5:00	60	C1	Shelley
Fitness Fusion	5:30	60	Gym	Laurie

FRIDAY

Morning	Start	Time	Room	Led By
Indoor Cycling - Spin & Surprise	7:00	60	Track	Andrea/Ashtyn
Yogalates	9:15	45	C2	Annie
Rock & Rhythm	10:00	45	Gym	Maura
SS Stability	10:45	45	Gym	Annie
Enhance Fitness	11:30	60	C2	Annie

WEDNESDAY

Morning	Start	Time	Room	Led By
Indoor Cycling	6:00	45	Track	John/Peggie
Spin & Surprise	7:00	60	Track	Andrea/Ashtyn
SS Chair Yoga	9:30	45	Gym	Taylor
SS Circuit	10:30	50	Gym	Carolyn
Afternoon	Start	Time	Room	Led By
Enhance Fitness	11:30	60	Gym	Annie
GeriFit	12:00	45	C2	Angie
Indoor Cycling	5:00	45	Track	Melissa/Ashtyn
Cardio Drumming	5:30	60	C1	Shelley
Boot Camp	5:30	45	Gym	Jenni F
Strength, Stretch, & Flex	5:30	60	C2	Mich C.

SATURDAY

Morning	Start	Time	Room	Led By
Strength, Stretch, & Flexibility	8:00	60	C2	Mich C.
Fitness Fusion	9:00	60	C2	Laurie

C1	Classroom 1
C2	Classroom 2

CLASS DESCRIPTIONS

GETTING HEALTHY TOGETHER

All fitness classes are for free for YMCA of Lancaster & Fairfield County Members
Non-members are required to pay the non-member fee for each class.

INDOOR CYCLING

Description: Enjoy the ride—rain or shine! Indoor Cycling is great for improving cardiovascular endurance. Traditional classes run 45 minutes and include a mix of hills, sprints, and flat surfaces for a full-body cardio challenge. Each class has 11 spots available, so be sure to sign up early!

Instructors: John, Peggie, Maureen, Melissa, Ashtyn, Andrea

Days/Times Offered:

- Monday & Wednesday: 6:00 AM | John/Peggie
 - Wednesday: 5:00 PM | Melissa / Ashtyn
 - Wednesday: 7:00 AM – Spin & Surprise | Andrea
 - Friday: 7:00 AM – Spin & Surprise | Andrea
- Cost for Non-Members:
- 1 day/week: \$41 per session
 - 2 days/week: \$70 per session

BOOT CAMP

Description: This high-energy class combines a variety of strength and cardio exercises to challenge participants every time. Boot Camp is a great way to build muscular strength, boost endurance, and improve overall cardiovascular health—all while having fun in a motivating group setting.

Instructor: Jenni F.

Cost for Non-Members: \$50

FAST, FUN & DONE

Description: This 45-minute class keeps things exciting by mixing up the workout every time! You'll use a variety of fitness equipment to target strength, endurance, cardio, and core—no two classes are the same, but they're always fast, fun, and done.

Instructor: Stacey U.

Cost for Non-Members: \$50

FITNESS FUSION

Description: A dynamic class that varies each week, offering a mix of strength training, cardio, kickboxing, sculpting, and floor work. Whether you're looking to tone, build endurance, or just switch things up, this class keeps your body guessing and your mind engaged.

Instructor: Laurie

Cost for Non-Members: \$50

CARDIO DRUMMING

Description: Get ready to sweat, smile, and feel amazing! Cardio Drumming is a fun, full-body workout that uses a bucket, stability ball, and drumsticks to turn simple movements into an energizing cardio session. Perfect for all fitness levels, this class is high-energy, low-impact, and guaranteed to lift your mood.

Instructor: Shelley

Cost for Non-Members: \$50

ROCK & RHYTHM DANCE FITNESS

Description:

Designed for active older adults or anyone looking for a low-impact dance workout, this class blends fun, rhythm, and movement. Dance your way to fitness in a supportive and energetic environment—no dance experience needed!

Instructor: Maura

Cost for Non-Members: \$50

Yogalates/ PILATES

The Progressive Pilates style class will focus on introduction of poses, body alignment, core strength, muscle control, thoracic breathing, and centering on the powerhouse (lower ribs to pubic bone). This class will build one week to the next, ending with a full Pilates Program. Participants should be able to complete a roll up and roll down. hold a plank for at least 30 seconds, and be comfortable being on the floor.

Instructor: Annie

Cost for Non-Members: \$50

STRENGTH, STRETCH & FLEXIBILITY

Description: This low-impact class focuses on weight-bearing exercises that support bone density, balance, flexibility, range of motion, coordination, and muscle strength. It's a well-rounded workout that's gentle on the joints while still helping to build strength and muscle mass. Perfect for all fitness levels!

Instructor: Mich C.

Cost for Non-Members: \$50