

John P. Thayer YMCA Group Fitness Schedule

January, February, March 2023



GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 a.m.		LES MILLS BODYPUMP Erica		LES MILLS BODYPUMP Drea	LES MILLS BODYCOMBAT Paola
6:30 a.m.			LES MILLS CORE Jane		LES MILLS CORE Nadean
8:30 a.m.	Silver Sneakers Classic John P	Silver Sneakers Circuit Annika	Silver Sneakers Classic Janice	Silver Sneakers Circuit Stephanie R	LES MILLS BODYCOMBAT Stephanie R
11:15 a.m.	LES MILLS BODYPUMP Annika	LES MILLS CORE Andie	LES MILLS BODYPUMP Robin	LES MILLS CORE Annika	LES MILLS BODYPUMP Jillian
12:15 p.m.	pilates Judy	12:00 p.m. YOGA Jillian		12:30 p.m. Yogalates Jean	pilates Judy
5:30 p.m.	LES MILLS BODYCOMBAT Candi P	LES MILLS BODYPUMP Nadean	LES MILLS BODYCOMBAT Tiffany	LES MILLS BODYPUMP Tiffany	
6:30 p.m.	LES MILLS CORE Joy	YOGA Sara	LES MILLS CORE Tiffany	LES MILLS MIXEDFIT Stephanie Q	

FACILITY HOURS
Mon. - Thurs.:
5:00AM - 9:00PM
Friday:
5:00AM - 8:00PM
Saturday:
8:00AM - 4:00PM
Sunday:
1:00PM - 5:00PM

CHILD WATCH HOURS
Monday - Friday:
8:00AM - 1:30PM
Monday - Thursday:
4:00PM - 7:45PM
Saturday:
8:00AM - 1:30PM

CYCLING STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 a.m.	LES MILLS RPM Nadean		LES MILLS sprint Nadean		LES MILLS RPM Erica
10:00 a.m.	LES MILLS RPM Hannah	LES MILLS sprint Jane			LES MILLS RPM Alfreda
12:00 p.m.	LES MILLS sprint Cynthia	LES MILLS RPM Annika	LES MILLS RPM Chris	LES MILLS RPM Andie	LES MILLS sprint Tiffany
5:45 p.m.	LES MILLS RPM Alfreda	LES MILLS RPM Tiffany	LES MILLS RPM Cassa	LES MILLS sprint Rachel	5:30 p.m. LES MILLS RPM Cassa

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 a.m.		Aqua Fit Carmen		Aqua Fit Jennifer	

D.A. Turner YMCA Group Fitness Schedule

January, February, March 2023



ROOM 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.		LES MILLS RPM Cassa		LES MILLS Sprint Jane	
9:00 a.m.	LES MILLS RPM Jillian		LES MILLS BODYCOMBAT Jillian		LES MILLS RPM Cynthia
10:10 a.m.	Yogalates Jean	LES MILLS RPM Hannah		LES MILLS SH'BAM Kayla	Abs. Core, & More Jillian
5:30 p.m.	LES MILLS Sprint Rachel	LES MILLS BODYCOMBAT Rachel	LES MILLS RPM Alfreda	LES MILLS SH'BAM Candi P	
6:30 p.m.	MODFIT Shanna	POUND Candi P	MODFIT Veronica		

FACILITY HOURS
Monday - Thurs: 5:45AM - 9:00PM
Friday: 5:45AM - 8:00PM
Saturday: 8:00AM - 4:00PM
Sunday: 1:00PM - 5:00PM

CHILD WATCH HOURS
Monday - Friday: 8:00AM - 1:30PM
Monday - Thursday: 4:00PM - 7:45PM
Saturday: 8:00AM - 1:00PM

ROOM 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.	LES MILLS BODYPUMP Jane		LES MILLS BODYPUMP Erica		LES MILLS BODYPUMP Corey
9:00 a.m.	Silver Sneakers Circuit Janice	LES MILLS BODYPUMP Cynthia	pilates Judy	LES MILLS BODYPUMP Annika	Silver Sneakers Classic Sara
10:10 a.m.	Silver Sneakers Circuit Stephanie	Silver Sneakers Classic Sara	Silver Sneakers Circuit Annika	BOOM 90 Janice	Silver Sneakers Classic John P
4:30 p.m.	YOGA Candice M	LES MILLS BODYPUMP Kayla	LES MILLS CORE Joy	LES MILLS BODYPUMP Joy	
5:30 p.m.	LES MILLS BODYPUMP Drea		LES MILLS BODYPUMP Candi P	LES MILLS CORE Joy	
6:00 p.m.	LES MILLS CORE Drea			YOGA Ronni	

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 a.m.	Aqua Fit Jennifer		Aqua Fit Carmen		Aqua Fit Jennifer