

# John P. Thayer YMCA Group Fitness Schedule

October, November, December 2022



## GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 a.m.		<b>LES MILLS BODYPUMP</b> Erica		<b>LES MILLS BODYPUMP</b> Drea	<b>LES MILLS BODYCOMBAT</b> Paola
6:30 a.m.			<b>LES MILLS CORE</b> Nadean		<b>LES MILLS CORE</b> Drea
8:30 a.m.	<b>Silver Sneakers Classic</b> Annika	<b>BOOM</b> Stephanie	<b>Silver Sneakers Circuit</b> Janice	<b>Silver Sneakers Circuit</b> Annika	<b>Silver Sneakers Classic</b> Sarah
11:15 a.m.	<b>LES MILLS BODYPUMP</b> Annika	<b>LES MILLS CORE</b> Annika	<b>LES MILLS BODYPUMP</b> Robin	<b>LES MILLS CORE</b> Andie	<b>LES MILLS BODYPUMP</b> Kayla
12:15 p.m.	<b>pilates</b> Judy	<b>12:00 p.m. YOGA</b> Catherine	<b>LES MILLS BODYCOMBAT</b> Kayla	<b>12:00 p.m. POUND</b> Brandy	<b>YOGA</b> Daniel
5:30 p.m.	<b>LES MILLS BODYCOMBAT</b> Rachel	<b>LES MILLS BODYPUMP</b> Nadean	<b>LES MILLS BODYCOMBAT</b> Tiffany	<b>LES MILLS BODYPUMP</b> Tiffany	
6:30 p.m.	<b>LES MILLS CORE</b> Joy	<b>YOGA</b> Hana	<b>LES MILLS CORE</b> Tiffany	<b>MIXED FIT</b> Shanna	

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

CHILD WATCH HOURS
<b>Monday - Friday:</b> 8:00AM - 1:30PM;
<b>Monday - Thursday:</b> 4:00PM - 7:45PM

## CYCLING STUDIO

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

## POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 a.m.		<b>Aqua Fit</b> Jennifer		<b>Aqua Fit</b> Catherine	

# D.A. Turner YMCA Group Fitness Schedule

October, November, December 2022



## ROOM 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.		<b>LES MILLS RPM</b> Cassa		<b>LES MILLS Sprint</b> Nadean	
9:00 a.m.	<b>LES MILLS RPM</b> Cynthia		<b>pilates</b> Judy		<b>LES MILLS RPM</b> Jillian
10:30 a.m.	<b>Yogalates</b> Jean	<b>LES MILLS SH'BAM</b> Kayla	<b>LES MILLS BODYCOMBAT</b> Jillian	<b>LES MILLS SH'BAM</b> Kayla	<b>10:00 a.m.</b> <b>pilates</b> Judy
5:45 p.m.	<b>LES MILLS RPM</b> Jillian	<b>LES MILLS SH'BAM</b> Candi P	<b>LES MILLS Sprint</b> Rachel	<b>LES MILLS RPM</b> Chris	<b>5:30 p.m.</b> <b>LES MILLS RPM</b> Cassa
6:30 p.m.	<b>MIXEDFIT</b> Veronica	<b>LES MILLS BODYCOMBAT</b> Candi P	<b>MIXEDFIT</b> Neesh	<b>POUND</b> Candi P	

### CHILD WATCH HOURS

Monday - Thursday:  
8:00AM - 11:15AM  
4:15PM - 7:45PM  
Friday:  
8:00AM - 11:15AM  
Saturday:  
8:00AM - 12:30PM

### FACILITY HOURS

Monday - Thursday:  
5:45AM - 9:00PM  
Friday:  
5:45AM - 8:00PM  
Saturday:

## ROOM 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.	<b>LES MILLS BODYPUMP</b> Jane		<b>LES MILLS BODYPUMP</b> Jane		<b>LES MILLS BODYPUMP</b> Corey
9:00 a.m.	<b>Silver Sneakers Circuit</b> Janice	<b>LES MILLS BODYPUMP</b> Jillian	<b>LES MILLS CORE</b> Annika	<b>LES MILLS BODYPUMP</b> Cynthia	<b>Silver Sneakers Classic</b> Stephanie
10:10 a.m.	<b>Silver Sneakers Circuit</b> Stephanie	<b>Silver Sneakers Classic</b> Sarah	<b>Silver Sneakers Circuit</b> Annika	<b>BOOM</b> Janice	<b>Silver Sneakers Classic</b> Annika
4:30 p.m.	<b>YOGA</b> Candice M	<b>LES MILLS BODYPUMP</b> Joy	<b>YOGA</b> Candice M	<b>LES MILLS BODYPUMP</b> Joy	
5:45 p.m.	<b>LES MILLS BODYPUMP</b> Drea		<b>LES MILLS BODYPUMP</b> Candi P	<b>LES MILLS CORE</b> Joy	
6:15 p.m.	<b>LES MILLS CORE</b> Drea	<b>YOGA</b> Sarah		<b>YOGA</b> Ronni	

## POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 a.m.	<b>Aqua Fit</b> Jennifer		<b>Aqua Fit</b> Jennifer		<b>Aqua Fit</b> Annika