

John P. Thayer YMCA Group Fitness Schedule

JULY, AUGUST, SEPTEMBER 2021

GROUP FITNESS STUDIO



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 a.m.		LES MILLS BODYPUMP Rachel	6:30 a.m. LES MILLS CORE Nadean	30' LES MILLS BODYPUMP LES MILLS CORE Andrea	6:30 a.m. LES MILLS CORE Andie
8:30 a.m.	 Mailea	 Mailea	 Carmen	 Janice	 Mailea
9:45 a.m.	YOGA Sara	pilates Judy	LES MILLS BODYPUMP Cynthia	Restorative YOGA Katie	POUND Brandy
11:00 a.m.	LES MILLS BODYPUMP Karen	LES MILLS CORE Karen	Yin YOGA Courtney	POUND Abby	YOGA Daniel
12:15 p.m.	LES MILLS SH'BAM Andie	12:00 p.m. POUND Brandy	LES MILLS BODYPUMP Judy	12:00 p.m. LES MILLS CORE Judy	LES MILLS BODYPUMP Karen
5:30 p.m.	LES MILLS BODYCOMBAT Candice P.	LES MILLS BODYPUMP Nadean	LES MILLS BODYCOMBAT Rachel	LES MILLS BODYPUMP Tiffany	
6:30 p.m.	LES MILLS CORE Nadean	LES MILLS SH'BAM Nadean	LES MILLS CORE Tiffany	Vinyasa YOGA Catherine	

CYCLING STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 a.m.	LES MILLS RPM Erica		LES MILLS sprint Kim		LES MILLS RPM Cassa
10:00 a.m.	LES MILLS RPM Cynthia		LES MILLS RPM Hannah		
12:00 p.m.	LES MILLS sprint Kim	LES MILLS RPM Jillian		LES MILLS RPM Cynthia	LES MILLS sprint Tiffany
5:45 p.m.	LES MILLS RPM Tiffany	LES MILLS sprint Bill	LES MILLS RPM Nadean	LES MILLS sprint Nadean	

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 a.m.		 Carmen			 Mailea

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 - Thursday:
 9:00AM - 2:00PM;
 4:00PM - 7:45PM
 Friday:
 9:00AM - 2:00PM
 Saturday:
 8:00AM - 1:30PM

D.A. Turner YMCA Group Fitness Schedule

JULY, AUGUST, SEPTEMBER 2021



ROOM 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.	LES MILLS BODYPUMP LES MILLS CORE Annika		LES MILLS BODYPUMP Andrea		LES MILLS BODYPUMP Erica
9:00 a.m.		LES MILLS BODYPUMP Annika		LES MILLS BODYPUMP Annika	
10:15 a.m.	POUND Brandy	LES MILLS SH'BAM Kayla	11:30 a.m. LES MILLS BODYCOMBAT Kayla	LES MILLS SH'BAM Andie	LES MILLS CORE Annika
4:30 p.m.		LES MILLS BODYPUMP Kayla		LES MILLS BODYPUMP Jillian	
5:30 p.m.	LES MILLS CORE Andrea	POUND Abby	LES MILLS BODYPUMP Candice P.	LES MILLS BODYCOMBAT Kayla	
6:30 p.m.		LES MILLS BODYCOMBAT Tiffany	LES MILLS SH'BAM Candice P.		

ROOM 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.		LES MILLS RPM Erica		LES MILLS sprint Rachel	
9:00 a.m.	LES MILLS RPM Hannah		YOGA Candice M.		LES MILLS RPM Annika
10:10 a.m.	Yogalates Jean	Silver Sneakers Classic Janice	Silver Sneakers Circuit Mailea	Silver Sneakers Classic Annika	BOOM Carmen
4:30 p.m.			YOGA Ronni		
5:30 p.m.	LES MILLS sprint Rachel	YOGA Ashley E.	LES MILLS RPM Bill	YOGA Ashley E.	LES MILLS sprint Bill
6:30 p.m.	YOGA Candice M.				

POOL

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

FACILITY HOURS

Monday - Thursday: 5:45AM - 9:00PM
 Friday: 5:45AM - 8:00PM
 Saturday: 8:00AM - 4:00PM
 Sunday: 1:00PM - 5:00PM

CHILD WATCH HOURS

Monday - Thursday:
 8:00AM - 11:15AM;
 5:00PM - 7:45PM
 Friday: 8:00AM - 11:15AM
 Saturday: 8:00AM - 12:30PM