

John P. Thayer YMCA Group Fitness Schedule (downtown location)

OCTOBER, NOVEMBER, DECEMBER 2024



GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM		LES MILLS BODYPUMP ROBIN		LES MILLS BODYPUMP ERICA			
6:30AM			LES MILLS CORE JOY				
8:30AM	 STEPHANIE	 CHERYL	 SARA	 SARA	 ANNIKA	9:00AM LES MILLS BODYPUMP	
11:15AM	LES MILLS BODYPUMP JANE	LES MILLS CORE ANDIE	LES MILLS BODYPUMP COREY	YMCA STEP LORI	LES MILLS BODYPUMP ROBIN	11:15AM LES MILLS CORE	
12:15PM	YMCA PILATES LEIGH		YMCA PILATES LORI	YMCA YOGA KARA		12:00PM YMCA YOGA	2:00PM LES MILLS BODYPUMP
5:30PM	LES MILLS BODYCOMBAT CANDI P	LES MILLS BODYPUMP JOY	LES MILLS BODYCOMBAT LORI	LES MILLS BODYPUMP TIFFANY	<p>Join us at the John P. Thayer YMCA for Walking Club Wednesdays at 1pm!</p>		3:15PM MIXEDFIT
6:30PM	LES MILLS CORE TIFFANY	 VERONICA	LES MILLS CORE DREA	 VERONICA			

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

CYCLING STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM	LES MILLS RPM ERICA		LES MILLS sprint ABBY		LES MILLS RPM NADEAN		
10:00AM	LES MILLS RPM JANE	LES MILLS RPM JILLIAN	LES MILLS sprint JANE	LES MILLS RPM FRE	LES MILLS RPM LORI	10:15AM LES MILLS RPM	
12:15 PM		LES MILLS RPM HANNAH					3:15:00 PM* LES MILLS sprint RPM
5:45PM	LES MILLS sprint ANNETTE	LES MILLS RPM CASSA	LES MILLS RPM TIFFANY	LES MILLS sprint DWAYNE			

*refer to the YMCA'S app for our weekly schedule

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

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00AM		 CARMEN		 JAMELLE		



AquaFit is a mix of cardiovascular and resistance training in the shallow end of the pool. Great for beginning to intermediate level exercisers with minimal impact. You do not need to know how to swim to participate! 60 minutes in duration.



BodyPump™ is the original barbell class that shapes, tones, and strengthens your entire body with a focus on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning. 60 minutes in duration. *Must be 15 years of age to participate.



BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. 60 minutes in duration.



BOOM is a SilverSneakers workout that incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.



The **SilverSneakers Circuit** workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support.



SilverSneakers Classic. Designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.



CORE is a 30-minute core-training workout that uses your body weight, resistance tubing and weights to tighten and tone your midsection. Exercises are designed to improve your functional strength for better mobility and injury prevention.



MixedFit® is a people-inspired dance fitness program that combines explosive dancing with boot camp toning. Expect to hear favorite radio and club hits, and be ready to get lost in the music. 60 minutes in duration.



Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength, and muscle balance. 60 minutes in duration.



RPM™ is a 45-minute group indoor cycling workout where you control the intensity. It's fun & low impact. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints, and flat riding.



LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits



Step is a 55-minute cardio workout that uses the STEP in highly effective, athletic ways. It will get your heart rate up as you improve your agility, coordination, and cardiovascular endurance with exciting music and group energy.



Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen and lengthen the muscles, improve mobility, and relieve stress. 60 minutes in duration.