



# D.A. Turner YMCA Group Fitness Schedule (Warm Springs location)

OCTOBER, NOVEMBER, DECEMBER 2024









## ROOM 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM		<b>LES MILLS RPM</b> FRE		<b>LES MILLS RPM</b> DREA			
9:00AM	<b>LES MILLS RPM</b> ANDIE		<b>YMCA STEP</b> JEAN		<b>LES MILLS RPM</b> FRE		
10:10AM	<b>YMCA PILATES</b> JEAN				<b>YMCA YOGA</b> HEATHER	9:45AM <b>LES MILLS BODYCOMBAT</b>	
4:30PM	<b>YMCA STEP</b> JILLIAN		<b>YMCA YOGA</b> CANDICE				3:00PM <b>YMCA YOGA</b>
5:30PM		<b>LES MILLS BODYCOMBAT</b> RACHEL		<b>LES MILLS BODYCOMBAT</b> JOY			
6:30PM	 MIXEDFIT TINA		 MIXEDFIT SHANNA				




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

CHILD WATCH HOURS
Monday - Friday: 8:00AM - 12:00PM
Monday - Thursday: 4:00PM - 7:45PM
Saturday: 8:00AM - 1:00PM

## ROOM 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	<b>LES MILLS BODYPUMP</b> DREA		<b>LES MILLS BODYPUMP</b> ANNIKA		<b>LES MILLS BODYPUMP</b> FRE		
9:00AM	 JANICE	<b>LES MILLS BODYPUMP</b> LORI	 CARMEN	<b>LES MILLS BODYPUMP</b> KATIE	 JOHN	8:30AM <b>LES MILLS BODYPUMP</b>	
10:10AM	 JOHN	 JOHN	 STEPHANIE	 STEPHANIE	 CHERYL		
4:30PM		<b>LES MILLS BODYPUMP</b> FRE		<b>LES MILLS BODYPUMP</b> COREY			
5:30PM	<b>LES MILLS BODYPUMP</b> ANNIKA		<b>LES MILLS BODYPUMP</b> CANDI P				
6:30PM		<b>YMCA YOGA</b> RONNI					

## POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30AM	 Aqua Fit JAMELLE		 Aqua Fit CARMEN		 Aqua Fit CHERYL





**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 is 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.



**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 is 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.



**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.