

D.A. Turner YMCA Group Fitness Schedule

JULY, AUGUST, SEPTEMBER 2024

ROOM 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM		LES MILLS RPM ERICA		LES MILLS sprint DWAYNE			
9:00AM	LES MILLS RPM ALFREDA		YMCA STEP JEAN		LES MILLS RPM LORI		
10:10AM	YMCA PILATES JEAN				YMCA YOGA KARA	9:45AM LES MILLS BODYCOMBAT	
4:30PM	YMCA STEP LORI		YMCA YOGA RONNI				2:00PM* LES MILLS RPM / LES MILLS sprint
5:30PM		LES MILLS BODYCOMBAT LORI		LES MILLS BODYCOMBAT CANDI P			3:00PM YMCA YOGA
6:30PM	MIXEDFIT VERONICA	YMCA YOGA KIM	MIXEDFIT TINA				*refer to the YMCA's app for our weekly schedule

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	LES MILLS BODYPUMP ANNIKA		LES MILLS BODYPUMP ERICA		LES MILLS BODYPUMP DREA		
9:00AM	BOOM CHERYL	LES MILLS BODYPUMP ALFREDA	SilverSneakers Circuit STEPHANIE	LES MILLS BODYPUMP TIFFANY	SilverSneakers Classic STEPHANIE	8:30AM LES MILLS BODYPUMP	
10:10AM	SilverSneakers Classic JOHN	SilverSneakers Circuit CHERYL	SilverSneakers Classic CARMEN	BOOM SARA	SilverSneakers Circuit ANNIKA		
4:30PM		LES MILLS BODYPUMP JOY		LES MILLS BODYPUMP ALFREDA			
5:30PM	LES MILLS BODYPUMP KAYLA		LES MILLS BODYPUMP COREY				

POOL

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





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.



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.