

TSYS YMCA Group Fitness Schedule



JANUARY, FEBRUARY, MARCH 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:15PM	LES MILLS BODYPUMP LORI	YMCA YOGA SARA	LES MILLS CORE ANDIE	LES MILLS BODYPUMP KATIE	



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.



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.



Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress.

**John P. Thayer YMCA and D.A. Turner YMCA Schedules can be found on the YMCA App!
Visit the App Store, download Daxko, search "YMCA of Metropolitan Columbus"**