



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

APRIL RICHMOND HILL YMCA FITNESS SCHEDULE

YMCA HOURS: MONDAY-THURSDAY 5AM-9PM/FRIDAY 5AM-7PM/SATURDAY 7AM-5PM / SUNDAY 1PM-5PM

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 AM						Intro to WOD (Mary Anne 14, 28 Amanda 7, 21)
8:30 AM	Power Yoga (Sara, Shelby 9) TRX (Leah)	Women on Weights (Sherly, Eric 10) WOD (Mary Anne)	Total Body (Sherly, Mary Anne11) TRX (Leah, Mary Anne 4)	HIIT (Beg. WOD) (Leah, Mary Anne 5) WOD (Mary Anne)	Step (Shannon, Mary Anne 13, 20)	
9:00 AM					TRX HIIT 30 min. (Leah, Mary Anne 6)	HIIT the Bar (Rosie, no class 7) WOD (Mary Anne 14, 28 Amanda 7, 21)
9:15 AM	Zumba (Teresa S.) Knock It Out (Carey, no class 2)	Abs, Glute & Thighs (Sherly, Eric 10)	Ripped (Sherly, Teresa 11)	Knock It Out (Carey, no class 5)	Yoga (Shannon, Berthy 13, 20)	
9:30 AM	WOD (Mary Anne)		WOD (Mary Anne)	30 Min. Ab Blast (Sherly, Mary Anne 12)	WOD (Mary Anne)	
10:00 AM		RIPPED (Sherly, Mary Anne 10) Beginner Yoga (Sara, Berthy 3, 10) Zumba *Suite 201* (Bobbi, Meredith 3)	Zumba Gold (Sherly, Teresa 11)	RIPPED (Sherly, Mary Anne 12) Beginner Yoga (Sara, Berthy 5, 12) Zumba *Suite 201* (Bobbi, Meredith 5)	Zumba (Teresa S.)	Yoga (Sara, Shelby 7) Advanced Calisthenics (Eric)
10:15 AM	Zumba (Bobbi, Tanisha 2)					
10:30 AM	Advanced Calisthenics (Eric)		Advanced Calisthenics (Eric)			
10:45 AM		Zumba (Marisol, Tanisha 10) Body Bar *Suite 201* (Bobbi, Meredith 3)	Pilates Playground (Donna)	Zumba (Sherly, Tanisha 12) Body Bar *Suite 201* (Bobbi, Meredith 5)	STRONG (Teresa S.)	
11:15 AM						Hot Yoga (Sara, Shelby 7)
11:00 AM	Pilates (Donna)					Zumba *Suite 201* (Katie)
11:30 AM		Stretch (Donna)	Senior Chair (Donna)	Senior Strength (Sherly, Donna 12)	Gentle Flow Yoga (Sara, Teresa 6)	
11:45 AM	Refined Fitness (Donna)					
CHILD WATCH HOURS: (Ages 6wks-12yrs) MON-SATURDAY 8:15AM-12:15PM MON-THURSDAY 4:00PM-7:30PM						

YMCA MISSION: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

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Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 PM	Family Fitness (Erin)					<p>4/1 Easter Holiday: CLOSED</p>
5:30 PM	Boot Camp (Erin)	Body Bar (Rosie) WOD (Amanda)	Ballet Bar (Brandy)	Zumba (Marisol, Tanisha 12) WOD (Amanda)		
6:15PM	Zumba (Tanisha, Katie 30) WOD (Amanda)	Yoga (Staci)	Cardio Toning (Gigi) WOD (Amanda)	Body Bar (Rosie, no class 5)		
6:30 PM	Knock it Out! (Theresa, no class 4, Carey 30)		Knock it Out! (Theresa L.)			
7:00 PM	30 Min Zumba Toning (Tanisha, Marisol 30)	Hot Yoga (Staci) Zumba (Tanisha)	Zumba (Bobbi, Tanisha 4)	Yoga (Sara, Berthy 5, 12)		

SPIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Spin (Sherly, ? 9)	Spin (Theresa L.)		Spin (Theresa, Sherly 5)			
8:30 AM	Spin (Angie)	Spin (Marisol, Amanda 10)	Spin (Angie)		Spin (Angie)		
9:00 AM						Spin (Carlos)	
9:30 AM	Spin (Sherly, Amanda 9)	Spin (Mandy)	Spin (Angie)	Spin (Mandy)	Spin (Angie)		
2:00 PM							Spin (Carlos)
5:00 PM			Spin Circuit (Erin)				
6:00 PM	Spin (Marisol, Mary Anne 9)	Spin (Theresa, Sherly 3)					
7:00PM				30 Min Spin Intervals and Arms (Theresa, Sherly 5)			

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***Reservations can be made 24 hours ahead for Spin, 912-756-5856**

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