



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FEBRUARY 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						IWOD Intro to WOD (Mary Anne 10, 24 Amanda 3, 17)
8:30 AM	Power Yoga (Sara) TRX (Leah)	Women on Weights (Sherly) WOD (Mary Anne)	Total Body (Sherly) TRX (Leah)	HIIT (Beg. WOD) (Leah) WOD (Mary Anne)	Step (Shannon, Angie 2, 23?, Donna 16)	<i>Happy Valentine's Day</i>
9:00 AM					TRX HIIT 30 min. (Leah)	HIIT the Bar (Rosie) WOD (Mary Anne 10, 24 Amanda 3, 17)
9:15 AM	Zumba (Teresa S.) Knock It Out (Carey)	Abs, Glute & Thighs (Sherly)	Ripped (Sherly)	Knock It Out (Carey)	Yoga (Shannon, Teresa 2, 16, 23)	
9:30 AM	WOD (Mary Anne)		WOD (Mary Anne)	30 Min. Ab Blast (Sherly)	WOD (Mary Anne)	
10:00 AM		RIPPED (Sherly) Beginner Yoga (Sara) Zumba *In Suite 201* (Bobbi)	Zumba Gold (Sherly)	RIPPED (Sherly) Beginner Yoga (Sara) Zumba *In Suite 201* (Bobbi, No class 1)	Zumba (Teresa S.)	Yoga (Sara) Advanced Calisthenics (Eric)
10:15 AM	Zumba (Bobbi, Katie 19)					
10:30 AM	Advanced Calisthenics (Eric)		Advanced Calisthenics (Eric)			
10:45 AM		Zumba (Marisol) Body Bar *In Suite 201* (Bobbi)	Pilates Playground (Donna)	Zumba (Sherly) Body Bar *In Suite 201* (Bobbi, No class 1)	STRONG (Teresa S.)	
11:00 AM	Pilates (Donna)					Zumba (Katie)
11:30 AM		Stretch (Donna)	Senior Chair (Donna)	Senior Strength (Sherly)	Gentle Flow Yoga (Sara)	
11:45 AM	Refined Fitness (Donna)					

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www.ymcaofcoastalga.org



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Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 PM	Family Fitness (Erin)				<p>LOVE IS PATIENT LOVE IS KIND <i>It does not envy, it does not boast</i> IT IS NOT PROUD. <small>IT IS NOT RUDE, IT IS NOT SELF SEEKING</small> IT IS NOT EASILY ANGERED, IT KEEPS NO RECORD OF WRONGS. LOVE DOES NOT DELIGHT IN EVIL <i>but rejoices with truth.</i> IT ALWAYS PROTECTS, ALWAYS TRUSTS, always hopes, always perseveres LOVE NEVER FAILS.</p> 	
5:30 PM	Boot Camp (Erin)	Body Bar (Rosie)	Ballet Bar (Brandy 14, 28)	Zumba (Marisol)		
6:15PM	Zumba (Tanisha) WOD (Amanda)	WOD (Amanda)	Zumba (Bobbi 7, 21)	WOD (Amanda)		
6:30 PM	Knock it Out! (Theresa L.)	Yoga (Staci)	Cardio Toning (Gigi)	Body Bar (Rosie)		
7:00 PM	30 Min Zumba Toning (Tanisha)	WOD (Amanda)	WOD (Amanda)	Yoga (Sara)		
			Knock it Out! (Theresa L.)			
		Zumba (Shey)	Zumba (Shey)			

SPIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		Spin (Theresa L.)		Spin (Theresa L.)			
8:30 AM	Spin (Angie)		Spin (Angie)		Spin (Angie)		
9:00 AM						Spin (Carlos)	
9:30 AM		Spin (Mandy)	Spin (Angie)	Spin (Mandy)	Spin (Angie)		
2:00 PM							Spin (Carlos)
5:00 PM			Spin Circuit (Erin)				
6:00 PM	Spin (Mandy)	Spin (Theresa L.)					
7:00PM				30 Min Spin Intervals and Arms (Theresa L)			

**CHILD WATCH HOURS: (Ages 6wks-12yrs) MON-SATURDAY 8:15AM-12:15PM
MON-THURSDAY 4:00PM-7:30PM**

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

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