




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY 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
5:30 AM		CLOSED 1/1				
8:30 AM	Yoga *Suite 201* (Anna)	Women on Weights (Shannon)	Bootcamp (Eric) Abs and Glutes (Sherly)	HIGH (Maggie)	TRX (Eric) Step (Shannon)	WOD (Jen N.)
9:00 AM	High (Maggie)	CLOSED 1/1				HIGH (Maggie)
9:15 AM	Knock It Out (Carey, Shannon 7) WOD (Amanda)	Piloxing (Tricia) WOD (Amanda)	Ripped (Sherly) WOD (Jen L.)	Knock It Out (Carey) WOD (Amanda)	Women on Weights (Sherly) WOD (Amanda)	
9:30 AM		30 Min. Abs *Gymnastics Room* (Eric)		30 Min. Ab Blast (Eric)	Yoga *Suite 201* (Shannon)	
9:45 AM		Closed 1/1				Advanced Calisthenics (Eric.)
10:00 AM	Zumba (Bobbi)	Total Body (Eric)	Zumba Gold (Sherly, Marisol, 16)	Total Body (Eric)	Insanity (Sherly)	Power Yoga (Anna)
10:30 AM	Advanced Calisthenics (Eric)	Closed 1/1	Advanced Calisthenics (Eric)			Happy New Year from your YMCA Family! May you have a Blessed Year!
10:45 AM		Zumba (Marisol) Beginner Yoga (Anna)	Pilates Playground (Donna)	Zumba (Jen Ladner)	Senior Strength/Chair (Sherly)	
11:00 AM	Pilates (Donna)	Closed 1/1				Zumba (Vilmarie)
11:15 AM					KIDS WOD Ages 2-5 yrs old (Jen L.)	
11:30 AM		Stretch (Donna)			Gentle Flow Yoga (Anna)	
11:45 AM	Refined Fitness (Donna)	Closed 1/1				

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

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

www.ymcaofcoastalga.org



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Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 PM	Family Fitness *30 mins* (Eric)		JAN. 2nd NO NIGHT CLASSES	Family Fitness *30 mins* (Eric)	JANUARY 1st GYM IS CLOSED January 2nd MORNING CLASSES ONLY January 3rd Resume normal Child Care hours and Class schedule! For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. -Jeremiah 29:11	
5:30 PM	Boot Camp (Eric)	Body Bar/Women on Weights (Rosie) WOD (Amanda)	Ballet Bar (Brandy)	Piloxing (Tricia) WOD (Jen L)		
6:15PM	Zumba (Tanisha, Sheylynne 9, 14) WOD (Amanda)	Yoga *Suite 201* No Yoga 22nd (Staci) High Fitness (Maggie)	Cardio Toning/ Body Bar (Gig, 9, 16, Bobbi) WOD (Amanda)	Body Bar (Rosie/ Bobbi, 10, 24)		
6:30 PM	Knock it Out! (Theresa)	Abs (Eric)	JAN. 2nd NO NIGHT CLASSES	Abs (Eric)		
7:00 PM	Zumba Toning/Zumba (Tanisha, Vilmarie 7, 14)	Zumba (Vilmarie)	Zumba (Bobbi)	Zumba (Bobbi) Yoga *Suite 201* (Staci) No Yoga 24th		

SPIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		Spin (Theresa)		Spin (Theresa)	Spin (Theresa)		
8:30 AM	Spin (Angie)	Closed 1/1	Spin (Angie)		Spin (Angie)		
9:00 AM						Spin (Carlos)	
9:30 AM	Spin (Sherly, Marisol, 14)	Spin (Marisol)	Spin (Angie)	Spin (Marisol)	Spin (Angie)		
2:00 PM							Spin (Carlos)
5:00 PM		Closed 1/1					
5:30 PM							
6:00 PM		Spin (Theresa)					
7:00PM		Closed 1/1					

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MON-THURSDAY 4:00PM-8:00PM**

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

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