





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
8:00 AM						IWOD Intro to WOD (Mary Anne 6, 20 Amanda 13, 27)
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)	
9:00 AM					TRX HIIT 30 min. (Leah)	HIIT the Bar (Rosie)  WOD (Mary Anne 6, 20 Amanda 13, 27)
9:15 AM	Zumba (Teresa S.)  Knock It Out (Carey)	Abs, Glute & Thighs (Sherly)	Ripped (Sherly)	Knock It Out (Carey)	Yoga (Shannon)	
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 Gold (Sherly)	RIPPED (Sherly)  Beginner Yoga (Sara)	Zumba (Teresa S.)	Yoga (Sara)  Advanced Calisthenics (Eric)
10:15 AM	Zumba (Bobbi)					
10:30 AM	Advanced Calisthenics (Eric)		Advanced Calisthenics (Eric)			
10:45 AM		Zumba (Marisol)	Pilates Playground (Donna)	Zumba (Sherly)	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)					

**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."

[www.ymcaofcoastalga.org](http://www.ymcaofcoastalga.org)



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

Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30 PM						 <p>Happy New Year from your YMCA Family!</p> <p><b>Holiday Hours</b> 1/1 CLOSED</p>
5:00 PM	Family Fitness (Erin)					
5:30 PM	Boot Camp (Erin)	Body Bar (Rosie) WOD (Amanda)	Ballet Bar (Brandy)	Zumba (Marisol) WOD (Amanda)		
6:15PM	Zumba (Tanisha) WOD (Amanda)		Cardio Toning (Gigi) WOD (Amanda)	Body Bar (Rosie)		
6:30 PM	Knock it Out! (Theresa L.)		Knock it Out! (Theresa L.)			
7:00 PM	30 min Zumba Toning (Tanisha)		Zumba (Shey)	Yoga (Sara)		
7:15 PM		Zumba (Shey)				

SPIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Spin (Shannon)	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.)					

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MON-THURSDAY 4:00PM-7:30PM**

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

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