



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JULY 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	No Classes, No Childcare July 3rd		Bootcamp Shannon			
8:30 AM	Yoga (Jackie)  TRX (Leah, Mandy 10)	Women on Weights (Sherly)  WOD (Jackie)	Total Body (Sherly, Teresa 5)  TRX (Leah)	WOD (Jackie)	Step (Shannon, Donna 21, 28, Teresa 14)	Knock it Out! (Teresa, Jackie 1, 8, 15)
9:00 AM	No Classes, No Childcare July 3rd	Closed July 4th		Zumba (Heidi)		Boot Camp (Rosie)  WOD (Jackie)
9:15 AM	Zumba (Theresa, Sherly 31)	Abs, Glute & Thighs (Sherly)	Ripped (Sherly, Teresa 5)		Yoga (Shannon, Donna 21, 28, Teresa 14)	<b>July 22nd Fun Fit Day</b> <b>8am-3pm</b>
9:30 AM	WOD (Jackie)	Closed July 4th	30 Min Knock it Out! (Leah)  WOD (Jackie, Mandy 5)	30Min Ab Blast (In Mat Room) (Sherly)	30 Min Knock it Out! (Leah, Mandy 7)  WOD (Jackie)	
10:00 AM	No Classes, No Childcare July 3rd	Ripped (Sherly)	Zumba Gold (Sherly, Yessica 5)	Ripped (Sherly)	Zumba (Theresa, 28?)	
10:05 AM		Yoga 101 (Jackie)		Beginner Yoga (Marianna)		Yoga (Jackie)
10:15 AM	Power Cut/Abs (Mandy)	Closed July 4th				<b>July 22nd Fun Fit Day</b> <b>8am-3pm</b>
10:30 AM	Advanced Calisthenics (Eric)		Advanced Calisthenics (Eric)			
10:45 AM		Zumba (Marisol)	Pilates Playground (Donna, Shannon 12)	Zumba (Sherly)	HIIT (Leah)	
11:00 AM	Pilates (Donna, Teresa 10)					Zumba (Yessica, Sherly 22, 29)
11:30 AM		Stretch (Donna, Shannon 11)	Senior Chair (Donna, Shannon 12)	Senior Strength (Sherly)	Gentle Flow Yoga (Marianna)	
11:45 AM	Refined Fitness (Donna, Sherly 10)					

**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)



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JULY R.H. 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
3:30 PM	<b>No Classes, No Childcare July 3rd</b>				<b>Happy 4th of July!</b>  <b>Facilities Closed on the 4th</b>  <i>"Live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God"</i> <i>1 Peter 2:16</i>  <b>July 22nd Fun Fit Day</b> <b>8am-3pm</b>	
4:30 PM		Step (Shannon)	Yoga (Chris, Jackie 12, 26)	Ripped (Sherly)		
5:00 PM	Family Fitness (Erin)					
5:30 PM	Boot Camp (Erin)	Body Bar (Rosie) WOD (Jackie)	High Intensity Interval Challenge (Gigi)	Body Bar (Ashley) WOD (Jackie)		
6:15PM	Zumba (Tony) WOD (Jackie)	<b>Closed July 4th</b>	Cardio Toning (Gigi) WOD (Jackie)	Zumba (Yessica, Kate 13, Heidi 20, Sherly 27)		
6:30 PM	Knock it Out! (Teresa, Jackie 10)	Knock it Out! (Teresa, Sherly 11) Power Yoga (Chris, Marianna 11, 25?)				
7:05 PM	<b>No Classes, No Childcare July 3rd</b>		Zumba (Diana)			
7:15 PM		Zumba (Kate)				
7:30 PM	Ballet Bar (Brandi)					

*SPIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		Spin (Shannon)		Spin (Teresa, Madison 6, 13)	Spin (Teresa, Madison 7, 14)	
8:30 AM	Spin (Angie)	<b>Closed July 4th</b>	Spin (Angie)		Spin (Angie)	
9:00 AM						Spin (Carlos)
9:30 AM	Spin (Heidi)	Spin (Mandy)		Spin (Mandy, Jackie 20)	Spin (Angie)	<b>July 22nd Fun Fit Day</b> <b>8am-3pm</b>
11:00 AM	<b>No Classes, No Childcare July 3rd</b>	Beginner Spin (Jackie)				
5:00 PM			Spin Circuit (Erin)			
5:30 PM	Spin (Jackie)	<b>Closed July 4th</b>				
6:00 PM				Spin (Theresa, Jackie 6, 13)		

**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)



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

**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)