





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	
8:30 AM	Power Yoga (Sara, Shelby, no class 16) TRX (Trent, Maggie 16th)	Women on Weights (Sherly) WOD (Jen L.)	Total Body (Sherly, Teresa, 20, 27) TRX (Trent)	HIGH (Maggie, Trent 5th, Sherly 12th) WOD (Jen L.)	TRX (Trent, no class 13) Step (Shannon, Donna, 13, Maggie 20, 27)	WOD (Amanda, 7th & 14th, Jen L. 21st & 28th)	
9:00 AM			YMCA CLOSED JULY 4th			HIIT the Bar (Rosie, Sherly 7th, Maggie 21st) WOD (Amanda)	
9:15 AM	Zumba (Teresa, Bobbi 30th) Knock It Out (Carey)	Abs, Glute & Thighs (Sherly)	Ripped (Sherly)	Knock It Out (Carey)	Yoga (Shannon, Teresa 13th & 20th, no class 27)		
9:30 AM	WOD (Amanda)	30 Min. Abs TRX Room (Eric)	WOD (Amanda)	30 Min. Ab Blast (Sherly)	WOD (Amanda)		
9:45 AM		KIDS WOD Ages 4yrs - 7yrs Starts JULY 10th (Jen L)	YMCA CLOSED JULY 4th	KIDS WOD Ages 8yrs - 12yrs old Starts JULY 12th (Jen L)			
10:00 AM		RIPPED (Sherly) Beginner Yoga (Sara, Shelby, no class 17)	Zumba Gold (Sherly)	RIPPED (Sherly) Beginner Yoga (Sara, Shelby, no class 19)	Zumba (Teresa, Marisol 27th)	Yoga (Sara) Advanced Calisthenics (Eric, Shannon, 7)	
10:15 AM	Zumba (Bobbi)		YMCA CLOSED JULY 4th			 GOD BLESS AMERICA Happy 4 th of July	
10:30 AM	Advanced Calisthenics (Eric, Shannon, 2)	Body Bar *Suite 201* (Bobbi)	Advanced Calisthenics (Eric)				
10:45 AM		Zumba (Marisol, Teresa 3)	Pilates Playground (Donna)	Zumba (Sherly)	STRONG (Teresa)		
11:00 AM	Pilates (Donna)		YMCA CLOSED JULY 4th			Zumba (Vilmarie)	
11:15 AM						Hot Yoga (Sara)	
11:30 AM		Stretch (Donna)			Senior Strength (Sherly, no class 19)	Gentle Flow Yoga (Sara, Shelby, Teresa 20th)	
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, Amanda 2 Rosie 23)		YMCA CLOSED JULY 4th		YMCA is CLOSED JULY 4TH! July 19th No Senior Strength Aerobic Room Closed 11:30-5:30 Classes Resume at 5:30 		
5:30 PM	Boot Camp (Erin, Amanda 2, Rosie 23)	Body Bar (Rosie, Teresa 3, Bobbi 17, no class 31) WOD (Amanda)	Ballet Bar (Brandy, Gigi, 6)	Zumba (Tanisha, Bobbi 19th) WOD (Amanda)			
6:15PM	Zumba (Tanisha) WOD (Amanda)	Yoga (Staci, no class 17)	Cardio Toning (Gigi) WOD (Amanda)	Body Bar (Rosie, Gigi 12 & 26th)			
6:30 PM	Knock it Out! (Theresa)		YMCA CLOSED JULY 4th				
7:00 PM	30 Min Zumba Toning (Tanisha)	Hot Yoga (Staci, no class 17) Zumba (Shellynne, Leila 17th)	Zumba (Shellynne)	Zumba (Bobbi)			
SPIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		Spin (Theresa)	YMCA CLOSED JULY 4TH	Spin (Theresa)			
8:30 AM	Spin (Angie)	Spin (Andria)	Spin (Angie)		Spin (Angie)		
9:00 AM			YMCA CLOSED JULY 4th			Spin (Carlos)	
9:30 AM	Spin (Sherly, Marisol. 30th)	Spin (Marisol, Shannon 3)	Spin (Angie)	Spin (Marisol)	Spin (Angie)		
2:00 PM			YMCA CLOSED JULY 4th				Spin (Carlos)
5:00 PM			Spin Circuit (Erin)				
6:00 PM		Spin (Theresa, no class 3)	YMCA CLOSED JULY 4th				
7:00PM				30 Min Spin Intervals and Arms (Theresa, no class 5)			

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

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