





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUNE 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 | | | | | | Intro to WOD (Amanda) |
| 8:30 AM | Power Yoga (Sara, Shelby) TRX (Trent) | Women on Weights (Sherly, Trent, 19, 26) WOD (Amanda) | Total Body (Sherly, Teresa, 20, 27) TRX (Trent) | HIIT (Beg. WOD) (Trent) WOD (Amanda) | Step (Shannon, Donna, 22) | |
| 9:00 AM | | | | | TRX HIIT 30 min. (Trent) | HIIT the Bar (Rosie) WOD (Amanda) |
| 9:15 AM | Zumba (Teresa) Knock It Out (Carey) | Abs, Glute & Thighs (Sherly, Shannon, 19) | Ripped (Sherly, Teresa, 20, 27) | Knock It Out (Carey) | Yoga (Shannon, Teresa, 22) | ZumbaThon 10 – 12:00 June 30th |
| 9:30 AM | WOD (Amanda) | 30 Min. Abs TRX Room (Eric) | WOD (Amanda) | 30 Min. Ab Blast (Sherly, Theresa, 21,) | WOD (Amanda) | \$10 donation to help support our |
| 10:00 AM |  | RIPPED (Sherly, Theresa, 26) Beginner Yoga (Sara, Shelby) Gymnastic room | Zumba Gold (Sherly, Marisol, 20, 27) | RIPPED (Sherly, Theresa, 21) Beginner Yoga (Sara, Shelby,) Gymnastic Room | Zumba (Teresa) | ZUMBATHON 10-12 JUNE 30 Yoga (Sara) Advanced Calisthenics (Eric, Jen N., 23) |
| 10:15 AM | Zumba (Bobbi) | | | | | <i>Happy Father's Day!</i>  |
| 10:30 AM | Advanced Calisthenics (Eric, Jen N., 18) | Body Bar *Suite 201* (Bobbi) | Advanced Calisthenics (Eric, Jen N., 20) | Zumba *Suite 201* (Bobbi) | | |
| 10:45 AM | | Zumba (Marisol) | Pilates Playground (Donna) | Zumba (Sherly, Marisol 21, 28) | STRONG (Teresa) | |
| 11:15 AM | | | | | | Hot Yoga (Sara) |
| 11:00 AM | Pilates (Donna) | | | | | Zumba *Suite 201* (Katie) |
| 11:30 AM | | Stretch (Donna) | Senior Chair (Donna) | Senior Strength (Sherly, Theresa, 21, Shannon, 28) | Gentle Flow Yoga (Sara, Shelby, Staci, 29) | |
| 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




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| Class Times | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|--------------------------------------------|-----------------------------------|--------------------------------------|---------------------------------------------|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5:00 PM | Family Fitness (Erin) | | | | | <p>DON'T FORGET, SUMMER CAMPS! <u>May 29th-June 2nd:</u> Creative Expressions; Karate Camp <u>June 4th-June 8th:</u> Future Stars; Soccer Camp <u>June 11th-June 15th:</u> It's a Zoo; Gymnastics <u>June 18th-June 22nd:</u> Far Out; Basketball <u>June 25th-June 29th:</u> Wild, Wild West; Flag Football</p>  |
| 5:30 PM | Boot Camp (Erin) | Body Bar (Rosie) WOD (Amanda) | Ballet Bar (Brandy, Gigi, 6) | Zumba (Tanisha, Teresa, 21) WOD (Amanda) | | |
| 6:15PM | Zumba (Tanisha, Bobbi, 18) WOD (Amanda) | Yoga (Staci) | Cardio Toning (Gigi) WOD (Amanda) | Body Bar (Rosie) | | |
| 6:30 PM | Knock it Out! (Theresa, Teresa, 18) | | | | | |
| 7:00 PM | 30 Min Zumba Toning (Tanisha, Marisol, 18) | Hot Yoga (Staci) Zumba (Leila) | Zumba (Bobbi) | Yoga (Sara, Shelby) | | |

| SPIN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--------------------------------|-----------------------------|---------------------|------------------------------------------|--------------|---------------|---------------------------------------------------------------------------------------|
| 5:30 AM | | Spin (Theresa, Shannon, 19) | | Spin (Theresa) | | | |
| 8:30 AM | Spin (Angie) | Spin (Andria) | Spin (Angie) | | Spin (Angie) | | |
| 9:00 AM | | | | | | Spin (Carlos) | |
| 9:30 AM | Spin (Sherly, Marisol, 18, 25) | Spin (Marisol) | Spin (Angie) | Spin (Marisol) | Spin (Angie) | | |
| 2:00 PM | | | | | | | Spin (Carlos) |
| 5:00 PM | | | Spin Circuit (Erin) | | | | |
| 6:00 PM | Spin (Marisol) | Spin (Theresa) | | | | | |
| 7:00PM | | | | 30 Min Spin Intervals and Arms (Theresa) | | |  |

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

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