





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAY 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	NO CLASSES OR CHILDCARE MAY 28th					Intro to WOD (Amanda, Jen 5, Jen L., 26)
8:30 AM	Power Yoga *Suite 201* (Sara) TRX (Trent, Leah, 7)	Women on Weights (Sherly) WOD (Amanda, Mary Anna, 1)	Total Body (Sherly) TRX (Leah 2, 9, Trent 16, 23, 30)	HIIT (Beg. WOD) (Leah 3, 10, Trent 17, 24, 31) WOD (Amanda)	Step (Shannon, Donna, 18)	
9:00 AM					TRX HIIT 30 min. (Leah 4, 11, Trent 18, 25)	HIIT the Bar (Rosie, Erin, 12) WOD (Amanda, Jen, 5)
9:15 AM	Zumba (Teresa, Bobbi, 14) Knock It Out (Carey)	Abs, Glute & Thighs (Sherly)	Ripped (Sherly)	Knock It Out (Carey)	Yoga (Shannon, Teresa, 18)	
9:30 AM	WOD (Amanda)		WOD (Amanda, Mary Anne, 2)	30 Min. Ab Blast (Sherly)	WOD (Amanda, Mary Anne, 4, Jen L., 25)	
10:00 AM		RIPPED (Sherly) Beginner Yoga (Sara) Zumba *Suite 201* (Bobbi)	Zumba Gold (Sherly)	RIPPED (Sherly) Beginner Yoga (Sara) Zumba *Suite 201* (Bobbi, Meredith, 17)	Zumba (Teresa, Tanisha or Katie, 11)	Yoga (Sara) Advanced Calisthenics (Eric)
10:15 AM	Zumba (Bobbi)					
10:30 AM	Advanced Calisthenics (Eric)		Advanced Calisthenics (Eric)			
10:45 AM		Zumba (Marisol) Body Bar *Suite 201* (Bobbi, Meredith 3)	Pilates Playground (Donna, Sherly 9)	Zumba (Sherly) Body Bar *Suite 201* (Bobbi, Meredith, 17)	STRONG (Teresa, Shannon 11)	
11:00 AM	Pilates (Donna, Shannon, 7)					Zumba *Suite 201* (Katie)
11:15 AM						Hot Yoga (Sara)
11:30 AM		Stretch (Donna, Shelby, 8)	Senior Chair (Donna, Sherly 9)	Senior Strength (Sherly)	Gentle Flow Yoga (Sara)	
11:45 AM	Refined Fitness (Donna, Shannon 7)					

**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)				HEALTHY KIDS DAY MAY 5, 2018 11 AM- 2 PM Free Food, Fun, and Games! Inflatable Obstacle Course!  Memorial Day IN OBSERVANCE OF MEMORIAL DAY (MAY 28TH) NO CLASSES OR CHILDCARE CLOSING EARLY AT 6 PM	
5:30 PM	Boot Camp (Erin)	Body Bar (Rosie) WOD (Amanda)	Ballet Bar (Brandy)	Zumba (Tanisha, Marisol 3) WOD (Amanda, Jen L., 24)		
6:15PM	Zumba (Tanisha) WOD (Amanda)	Yoga (Staci)	Cardio Toning (Gigi) WOD (Amanda)	Body Bar (Rosie)		
6:30 PM	Knock it Out! (Theresa)					
7:00 PM	30 Min Zumba Toning (Tanisha)	Hot Yoga (Staci) Zumba (Tanisha)	Zumba (Bobbi)	Yoga (Sara)		

SPIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	NO CLASSES OR CHILDCARE MAY 28th	Spin (Theresa)		Spin (Theresa)			
8:30 AM	Spin (Angie)	Spin (Marisol)	Spin (Angie)		Spin (Angie)		
9:00 AM						Spin (Carlos)	
9:30 AM	Spin (Sherly)	Spin (Mandy)	Spin (Angie)	Spin (Mandy, Marisol, 3)	Spin (Angie)		
2:00 PM							Spin (Carlos)
5:00 PM			Spin Circuit (Erin)				
6:00 PM	Spin (Marisol, Mandy 14)	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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