






NOVEMBER 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			No Childcare or Classes 11/22/17	Thanksgiving Closed 11/23/17	No Childcare or Classes 11/24/17	IWOD Intro to WOD (Jackie)
8:30 AM	Yoga (Jackie) TRX (Leah)	Women on Weights (Sherly) WOD (Jackie)	Total Body (Sherly) TRX (Leah)	WOD (Jackie) HIIT (Beg. WOD) (Leah)	Step (Shannon)	
9:00 AM			No Childcare or Classes 11/22/17	Thanksgiving Closed 11/23/17	TRX HIIT 30 min. (Leah)	HIIT the Bar (Rosie, Erin 4) WOD (Jackie)
9:15 AM	Zumba (Teresa S.)	Abs, Glute & Thighs (Sherly)	Ripped (Sherly)		Yoga (Shannon)	
9:30 AM	WOD (Jackie)		WOD (Jackie, Mary Anne 1)	30 Min. Ab Blast (Sherly)	WOD (Jackie)	
10:00 AM		RIPPED (Sherly) Yoga 101 (Jackie)	Zumba Gold (Sherly)	RIPPED (Sherly) Beginner Yoga (Marianna)	Zumba (Teresa S.)	Yoga (Jackie) Advanced Calisthenics (Eric)
10:15 AM	Krav Maga/self defense (Carey)		No Childcare or Classes 11/22/17	Thanksgiving Closed 11/23/17	No Childcare or Classes 11/24/17	
10:30 AM	Advanced Calisthenics (Eric)		Advanced Calisthenics (Eric)			
10:45 AM		Zumba (Marisol)	Pilates Playground (Donna)	Krav Maga/self defense (Mat rm.) (Carey) Zumba (Sherly)	STRONG (Teresa S.)	
11:00 AM	Pilates (Donna)		No Childcare or Classes 11/22/17	Thanksgiving Closed 11/23/17	No Childcare or Classes 11/24/17	Zumba (Yessica)
11:30 AM		Stretch (Donna)	Senior Chair (Donna)	Senior Strength (Sherly)	Gentle Flow Yoga (Marianna)	
11:45 AM	Refined Fitness (Donna)		No Childcare or Classes 11/22/17	Thanksgiving Closed 11/23/17	No Childcare or Classes 11/24/17	



**CHILD WATCH HOURS: (Ages 6wks-12yrs) MON-SATURDAY 8:15AM-12:15PM
MON-THURSDAY 4:00PM-7:30PM**




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOVEMBER 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
4:30 PM		Step (Shannon)	No Childcare or Classes 11/22/17	Thanksgiving Closed 11/23/17	 <p>Holiday Hours 11/22/17 – gym closes 6pm No childcare or classes 11/23/17 – Gym closed 11/24/17 – Gym opens 7am No childcare or classes Don't Forget!!! Flashback ZUMBATHON 11/3 6:30-8:30 childcare</p>	
5:00 PM	Family Fitness (Erin)					
5:30 PM	Boot Camp (Erin)	Body Bar (Rosie) WOD (Jackie)	HIIT Challenge (Gigi)	Zumba (Yessica) WOD (Jackie)		
6:15PM	Zumba (Tanisha) WOD (Jackie)		Cardio Toning (Gigi) WOD (Jackie)	Body Bar (Ashley)		
6:30 PM	Knock it Out! (Theresa L., 20?)	Knock it Out! (Theresa L., 21?)	No Childcare or Classes 11/22/17	Thanksgiving Closed 11/23/17		
7:05 PM			Zumba (Shey)			
7:15 PM		Zumba (Shey)	No Childcare or Classes 11/22/17			

*SPIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	Spin (Shannon)	Spin (Theresa L., 21?)	No Childcare or Classes 11/22/17	Spin (Theresa L.)	No Childcare or Classes 11/24/17	
8:30 AM	Spin (Angie)		Spin (Angie)	Thanksgiving Closed 11/23/17	Spin (Angie)	
9:00 AM			No Childcare or Classes 11/22/17		No Childcare or Classes 11/24/17	Spin (Carlos)
9:30 AM	Spin (Leah)	Spin (Mandy)	Spin (Angie)	Spin (Mandy)	Spin (Angie)	
5:00 PM			Spin Circuit (Erin)	Thanksgiving Closed 11/23/17		

CHILD WATCH HOURS: (Ages 6wks-12yrs) MON-SATURDAY 8:15AM-12:15PM

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

***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