






FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OCTOBER 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						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, Teresa S., 20)	
9:00 AM					TRX HIIT 30 min.(Leah)	HIIT the Bar (Rosie)  WOD (Jackie)
9:15 AM	Krav Maga/self defense (Carey)  Zumba (Teresa S.)	Abs, Glute & Thighs (Sherly)	Ripped (Sherly)	Krav Maga/self defense (Carey)	Yoga (Shannon, Teresa S. 20)	
9:30 AM	WOD (Jackie)		WOD (Jackie)	30Min Ab Blast (Sherly)	WOD (Jackie)	
10:00 AM		RIPPED (Sherly)	Zumba Gold (Sherly)	RIPPED (Sherly)	Zumba (Teresa S.)	Yoga (Jackie)  Advanced Calisthenics (Eric)
10:05 AM		Yoga 101 (Jackie)		Beginner Yoga (Marianna)	 Trunk or Treat 10-27-17 5-7pm	
10:15 AM	Power Cut/Abs (Mandy)	Tri Fit HIIT (Mandy)				
10:30 AM	Advanced Calisthenics (Eric)		Advanced Calisthenics (Eric)			
10:45 AM		Zumba (Marisol)	Pilates Playground (Donna)	Zumba (Sherly)		
11:00 AM	Pilates (Donna)					Zumba (Yessica)
11:30 AM		Stretch (Donna)	Senior Chair (Donna)	Senior Strength (Sherly)	Gentle Flow Yoga (Marianna, Jackie 13)	
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](http://www.ymcaofcoastalga.org)



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Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30 PM	Body Barre (Brandi)				 <b>TRUNK OR TREAT 10-27-17 5-7PM</b>  <b>Seafood Festival</b> October 20-22 Volunteers needed! (See front desk for info.)	
4:30 PM		Step (Shannon, 3 1?)	Yoga (Marianna, Jackie 1 1)	Body Barre (Brandi)		
5:00 PM	Family Fitness (Erin, Rosie 9)					
5:30 PM	Boot Camp (Erin, Rosie 9)	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.)	Knock it Out! (Theresa L.) Power Yoga (Marianna, 10?)		Advanced Calisthenics (Eric)		
7:05 PM		Advanced Cal. (Eric)	Zumba (Shey)			
7:15 PM		Zumba (Shey)				
*SPIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	Spin (Theresa L.)	Spin (Shannon)		Spin (Theresa L.)		
8:30 AM	Spin (Angie)		Spin (Angie)		Spin (Angie)	
9:00 AM						Spin (Carlos)
9:30 AM	Spin (Leah)	Spin (Mandy)	Spin (Angie)	Spin (Mandy, Jackie 12)	Spin (Angie)	
10:15 AM				Tri Fit HIIT (Mandy, Jackie 12)	 <b>Trunk or Treat 10-27-17 5-7pm</b>	
5:00 PM			Spin Circuit (Erin)			
5:30 PM	SPIN HIIT (Jackie)					

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

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