



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AUGUST 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
5:30 AM			Bootcamp (Shannon, Theresa L. 2)			
8:30 AM	Yoga (Jackie, Teresa S. 7) TRX (Leah)	Women on Weights (Sherly) WOD (Jackie, Leah 8)	Total Body (Sherly) TRX (Leah)	WOD (Jackie, Leah 10) HIIT(Beg. WOD) (Leah)	Step (Shannon, Teresa S. 4)	
9:00 AM						Boot Camp (Rosie) WOD (Jackie, Leah 5)
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. 4)	
9:30 AM	WOD (Jackie, Leah 7)		30 Min Knock it Out! (Leah) WOD (Jackie, Leah 9)	30Min Ab Blast (Sherly)	30 Min Knock it Out! (Leah) WOD (Jackie)	
10:00 AM		Ripped (Sherly)	Zumba Gold (Sherly)	Ripped (Sherly,)	Zumba (Teresa S.)	Yoga (Jackie, Gigi 5) Advanced Calisthenics (Eric)
10:05 AM		Yoga 101 (Jackie, 8?)		Beginner Yoga (Marianna, Jackie 31)		
10:15 AM	Power Cut/Abs (Mandy, Teresa S. 4)					
10:30 AM	Advanced Calisthenics (Eric)		Advanced Calisthenics (Eric)			
10:45 AM		Zumba (Marisol, Yessica 1)	Pilates Playground (Donna)	Zumba (Sherly)	HIIT (Leah)	
11:00 AM	Pilates (Donna)					Zumba (Yessica)
11:30 AM		Stretch (Donna)	Senior Chair (Donna)	Senior Strength (Sherly)	Gentle Flow Yoga (Marianna)	
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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YMCA HOURS: MONDAY-THURSDAY 5AM-9PM/FRIDAY 5AM-7PM/SATURDAY 7AM-5PM / SUNDAY 1PM-5PM

Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30 PM					<p>But the Advocate, the Holy Spirit whom the Father will send in My name will teach you all things and will remind you of everything I have said to you.</p> <p>John 14:26</p>	
4:30 PM		Step (Shannon, Jackie 1)	Yoga (Chris)	Ripped (Sherly)		
5:00 PM	Family Fitness (Erin)					
5:30 PM	Boot Camp (Erin)	Body Bar (Rosie) WOD (Jackie, Erin 8)	HIIT Challenge (Gigi)	Body Bar (Ashley) WOD (Jackie)		
6:15PM	Zumba (Teresa S.) WOD (Jackie, Rosie 7)		Cardio Toning (Gigi) WOD (Jackie, Rosie 9)	Zumba (Yessica)		
6:30 PM	Knock it Out! (Theresa L.)	Knock it Out! (Theresa L.) Power Yoga (Chris) Advanced Cal. (Eric)		Advanced Calisthenics (Eric)		
7:05 PM			Zumba (Diana, Shey 22, 29)			
7:15 PM		Zumba (Shey)				
7:30 PM	Ballet Bar (Brandi)					

*SPIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		Spin (Shannon, Theresa L.1)		Spin (Theresa L.)	Spin (Theresa L.)	
8:30 AM	Spin (Angie)		Spin (Angie)		Spin (Angie)	
9:00 AM						Spin (Carlos)
9:30 AM	Spin (Leah, ??)	Spin (Mandy, Gigi 8)		Spin (Mandy, Gigi 10)	Spin (Angie)	
11:00 AM		Beginner Spin (Jackie, Donna 8)				
5:00 PM			Spin Circuit (Erin, Mandy 2)			
5:30 PM	Spin (Jackie, Rosie 7)					
6:00 PM				Spin (Theresa L.)		

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

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