



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
5:30 AM			Bootcamp Shannon, Sub 7			
8:30 AM	Yoga (Jackie) TRX (Leah)	Women on Weights (Sherly, No Class 6) WOD (Jackie)	Total Body (Sherly, Jackie 1) TRX (Leah)	WOD (Jackie)	Step (Shannon, Donna 2)	Knock it Out! (Teresa)
9:00 AM				Zumba (Heidi)		Boot Camp (Rosie, Gigi 24) WOD (Jackie)
9:15 AM	Zumba (Theresa)	Abs, Glute & Thighs (Sherly)	Ripped (Sherly, Teresa 6)		Yoga (Shannon, Chris 2)	
9:30 AM	WOD (Jackie)		30 Min Knock it Out! (Leah, No Class 9) WOD (Jackie, Leah 7)	30Min Ab Blast (In Mat Room) (Sherly, Jackie 1)	30 Min Knock it Out! (Leah, No Class 9) WOD (Jackie, Leah 9)	
10:00 AM		Ripped (Sherly)	Zumba Gold (Sherly, Diana 7)	Ripped (Sherly, No Class 1)	Zumba (Theresa)	
10:05 AM		Yoga 101 (Jackie)		Beginner Yoga (Jackie)		Yoga (Jackie, Gigi 10)
10:15 AM	Power Cut/Abs (Mandy)					
10:30 AM	Advanced Calisthenics (Eric)		Advanced Calisthenics (Eric)			
10:45 AM		Zumba (Marisol)	Pilates Playground (Donna)	Zumba (Sherly, Marisol 1)	HIIT (Mandy)	
11:00 AM	Pilates (Donna)					Zumba (Yessica)
11:30 AM		Stretch (Donna)	Senior Chair (Donna)	Senior Strength (Sherly, No Class 1)	Stretch (Mandy)	
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
3:30 PM			Yoga (Chris)	Yoga (Chris)	<p>Happy Father's Day!</p> <p><i>"The father of the righteous will greatly rejoice; he who fathers a wise son will be glad in him Proverbs 23:24"</i></p>	
4:30 PM		Step (Shannon, Jackie 6)		Ripped (Sherly)		
5:00 PM	Family Fitness (Erin)					
5:30 PM	Boot Camp (Erin)	Body Bar (Rosie, Ashley 27) WOD (Jackie)	High Intensity Interval Training (Gigi)	Body Bar (Ashley) WOD (Jackie)		
6:15 PM	Zumba (Tony) WOD (Jackie)		Cardio Toning (Gigi) WOD (Jackie)	Zumba (Yessica)		
6:30 PM	Knock it Out! (Teresa)	Knock it Out! (Teresa) Power Yoga (Chris)				
7:05 PM			Zumba (Sherly, Diana 7)			
7:15 PM		Zumba (Kate)				
7:30 PM	Ballet Bar (Brandi)					

*SPIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		Spin (Shannon, Madison 6)		Spin (Teresa)	Spin (Teresa)	
8:30 AM	Spin (Angie, Madison 19)		Spin (Angie, Madison 14)		Spin (Angie, Madison 16)	
9:00 AM						Spin (Carlos)
9:30 AM	Spin (Gigi)	Spin (Mandy)		Spin (Mandy)	Spin (Angie)	
11:00 AM		Beginner Spin (Jackie)				
5:00 PM			Spin Circuit (Erin)			
5:30 PM	Spin (Jackie)					
6:00 PM				Spin (Theresa)		

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

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