



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FEBRUARY 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						
8:30 AM	Yoga *Suite 201* (Anna) TRX (Eric)	Women on Weights (Shannon)	TRX/Bootcamp (Eric)	HIGH (Maggie)	TRX (Eric)  Step (Shannon)	WOD (Jen N.)
9:00 AM	High (Maggie)					HIGH (Maggie)
9:15 AM	Knock It Out (Carey)  WOD (Amanda)	Piloxing (Tricia)  WOD (Amanda)	Ripped (Sherly)  WOD (Jen L.)	Knock It Out (Carey)  WOD (Amanda)	Women on Weights (Sherly)  WOD (Amanda)	
9:30 AM		30 Min. Abs *Gymnastics Room* (Eric)		30 Min. Ab Blast (Eric)	Yoga *Suite 201* (Shannon)	
9:45 AM						Advanced Calisthenics (Eric.)
10:00 AM	Zumba (Bobbi)	Total Body (Eric)	Zumba Gold (Sherly)	Total Body (Eric)	Insanity (Sherly)	Power Yoga (Anna)
10:30 AM	Advanced Calisthenics (Eric)		Advanced Calisthenics (Eric)			
10:45 AM		Zumba (Marisol)  Beginner Yoga (Anna)	Pilates Playground (Donna)	Zumba (Jen Ladner)	Senior Strength/Chair (Sherly)	
11:00 AM	Pilates (Donna)					Zumba (Vilmarie)
11:15 AM					KIDS WOD Ages 2-5 yrs old (Jen L.)	
11:30 AM		Stretch (Donna)			Gentle Flow Yoga (Anna)	
11:45 AM	Refined Fitness (Donna)					

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

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
5:00 PM	Family Fitness *30 mins* (Eric)			Family Fitness *30 mins* (Eric)		
5:30 PM	Boot Camp (Eric)	Body Bar/Women on Weights (Rosie/Sherly) WOD (Amanda)	Ballet Bar (Brandy)	Piloxing (Tricia) WOD (Amanda)		
6:15PM	Zumba (Tanisha) WOD (Amanda)	Yoga *Suite 201* (Staci) Abs (Eric)	Cardio Toning/ Body Bar (Gigi/Bobbi) WOD (Amanda)	Body Bar (Rosie/ Bobbi)		
6:30 PM	Knock it Out! (Theresa)			Abs (Eric)		
7:00 PM	Zumba Toning/Zumba (Tanisha)	Zumba (Vilmarie)	Zumba (Bobbi)	Zumba (Bobbi) Yoga *Suite 201* (Staci)		

SPIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		Spin (Theresa)		Spin (Theresa)	Spin (Theresa)		
8:30 AM	Spin (Angie)		Spin (Angie)		Spin (Angie)		
9:00 AM						Spin (Carlos)	
9:30 AM	Spin (Sherly)	Spin (Marisol)	Spin (Angie)	Spin (Marisol)	Spin (Angie)		
2:00 PM							Spin (Carlos)
5:00 PM							
5:30 PM	Spin (Jeanine)						
6:00 PM		Spin (Theresa)					
7:00PM							

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

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