











D.A. Turner YMCA Group Fitness Schedule (Warm Springs location)

JANUARY, FEBRUARY, MARCH 2025




ROOM 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM		LES MILLS RPM ERICA		LES MILLS RPM NADEAN			
9:00AM	YMCA STEP CHERYL		YMCA STEP JEAN		LES MILLS RPM COREY		
10:10AM	YMCA PILATES JEAN		YMCA PILATES SARA		YMCA YOGA KATIE	9:45AM LES MILLS BODYCOMBAT	2:00PM LES MILLS RPM
4:30PM	YMCA STEP JILLIAN		LES MILLS BODYCOMBAT JOY				3:00PM YMCA YOGA
5:45PM		YMCA STEP CANDI P		LES MILLS BODYCOMBAT KAYLA			
6:30PM	 MIXEDFIT TINA		 MIXEDFIT SHANNA				

ROOM 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	LES MILLS BODYPUMP COREY		LES MILLS BODYPUMP ANNIKA		LES MILLS BODYPUMP ERICA		
9:00AM	 JANICE	LES MILLS BODYPUMP ROBIN	 SARA	LES MILLS BODYPUMP ALFREDA	 Classic JOHN	8:30AM LES MILLS BODYPUMP	
10:10AM	 Classic CARMEN	 Circuit CHERYL	 CHERYL	 Classic ALEX	 Circuit ANNIKA		
4:30PM		YMCA YOGA CANDICE		LES MILLS BODYPUMP JILLIAN			
5:45PM	LES MILLS BODYPUMP CANDI P		LES MILLS BODYPUMP TIFFANY				
6:30PM		YMCA PILATES KIM		YMCA YOGA RONNI			

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30AM	 Aqua Fit JAMELLE		 Aqua Fit CARMEN		 Aqua Fit CASSIE

FACILITY HOURS

Monday - Thurs:
5:45AM - 9:00PM
Friday:
5:45AM - 8:00PM
Saturday:
8:00AM - 4:00PM
Sunday:
1:00PM - 5:00PM

CHILD WATCH HOURS

Monday - Friday:
8:00AM - 12:00PM
Monday - Thursday:
4:00PM - 7:45PM
Saturday:
8:00AM - 1:00PM



***AGE LIMITATIONS: 12 - 14 YEAR OLDS ARE WELCOME TO NON-EQUIPMENT BASED CLASSES WITH AN ADULT; 15+ WELCOME IN ANY CLASS**



AquaFit is a mix of cardiovascular and resistance training in the shallow end of the pool. Great for beginning to intermediate level exercisers with minimal impact. You do not need to know how to swim to participate! 60 minutes is duration.



BodyPump™ is the original barbell class that shapes, tones, and strengthens your entire body with a focus on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning. 60 minutes in duration. *Must be 15 years of age to participate.



BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. 60 minutes in duration.



BOOM is a SilverSneakers workout that incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.



The **SilverSneakers Circuit** workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support.



SilverSneakers Classic. Designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.



MixedFit® is a people-inspired dance fitness program that combines explosive dancing with boot camp toning. Expect to hear favorite radio and club hits, and be ready to get lost in the music. 60 minutes is duration.



Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength, and muscle balance. 60 minutes in duration.



RPM™ is a 45-minute group indoor cycling workout where you control the intensity. It's fun & low impact. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints, and flat riding. *Must be 15 years of age to participate.



Step is a 55-minute cardio workout that uses the STEP in highly effective, athletic ways. It will get your heart rate up as you improve your agility, coordination, and cardiovascular endurance with exciting music and group energy.



Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen and lengthen the muscles, improve mobility, and relieve stress. 60 minutes in duration.

Weekend Schedules can be found on the YMCA App! Visit the App Store, download Daxko, search "YMCA of Metropolitan Columbus"