



# D.A. Turner YMCA Group Fitness Schedule (4384 Warm Springs Road, 31909)

JANUARY, FEBRUARY, MARCH 2026

## ROOM 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM		<small>GROUP</small> <b>RIDE</b> DWAYNE		<small>GROUP</small> <b>RIDE</b> ERICA			
9:00AM	<small>GROUP</small> <b>BLAST</b> CHERYL		<small>GROUP</small> <b>BLAST</b> ALEX		<small>GROUP</small> <b>RIDE</b> ANDIE		
10:10AM	<b>YMCA</b> <b>PILATES</b> JEAN	<b>R30</b> SONYA	<b>YMCA</b> <b>YOGA</b> SARA	<b>R30</b> FRE	<b>YMCA</b> <b>YOGA</b> EMILEE	9:45AM <b>R30</b>	
4:30PM	<small>GROUP</small> <b>BLAST</b> LORI		<small>GROUP</small> <b>BLAST</b> HEATHER				3:00PM <b>YMCA</b> <b>YOGA</b>
5:45PM		<small>GROUP</small> <b>groove</b> HEATHER		<small>GROUP</small> <b>groove</b> CANDI P			
6:30PM	 MIXEDFIT TINA		 MIXEDFIT VERONICA				











### FACILITY HOURS

**Monday - Thurs:**  
5:30AM - 9:00PM  
**Friday:**  
5:30AM - 8:00PM  
**Saturday:**  
8:00AM - 4:00PM  
**Sunday:**  
1:00PM - 5:00PM




### KID ZONE HOURS

**Monday, Wednesday, Friday:**  
8:30AM - 11:30PM  
**Monday - Thursday:**  
4:00PM - 8:00PM  
**Saturday:**  
8:00AM - 11:30PM

## ROOM 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	<small>GROUP</small> <b>POWER</b> ERICA		<small>GROUP</small> <b>POWER</b> COREY		<small>GROUP</small> <b>POWER</b> KATIE U		
9:00AM	 JANICE	<small>GROUP</small> <b>POWER</b> ROBIN	 CARMEN	<small>GROUP</small> <b>POWER</b> JILLIAN	 CHERYL	8:30AM <small>GROUP</small> <b>POWER</b>	
10:10AM	 JAMELLE	 ALEX	 ALEX	 JOANNE	 ANNIKA	9:30AM <small>GROUP</small> <b>groove</b>	
11:30AM		 JOHN		 ALEX			
4:30PM		<small>GROUP</small> <b>POWER</b> JOY	<b>YMCA</b> <b>YOGA</b> CANDICE M	<small>GROUP</small> <b>POWER</b> HEATHER			
5:45PM	<small>GROUP</small> <b>POWER</b> CANDI P		<small>GROUP</small> <b>POWER</b> KATIE U				
6:30PM		<b>YMCA</b> <b>YOGA</b> RONNI					

## POOL

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



Access our schedule using the  
Daxko Mobile, search  
"YMCA of Metropolitan Columbus"



**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.



**Group Blast®** is 60 minutes of athletic cardio training that uses The STEP® in a wide variety of ways. This highly effective workout will get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power, and strength with exciting music and motivational coaching. HAVE A BLAST!



**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.



**Group Groove®** is a sizzling cardio experience that will make you sweat with a smile. During this energizing hour of dance fitness, you'll experience a fusion of club, hip-hop, and Latin dance styles set to the hottest current hits and the best dance songs ever produced! IF YOU CAN MOVE, YOU CAN GROOVE!



**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.



**Group Power®** is a one-hour, cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, a step, heart-pounding music, and expert coaching. GET MUSCLE & MOVEMENT STRONG!



**Group Ride®** is a 60-minute cycling experience brought indoors that will get you heart, lung, and leg strong. Inspiring music sets the pace and creates the terrain as you roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! RIDE ON!



**R30®** is a cycling workout that will improve your cardio fitness and muscular endurance in only 30 minutes. Inspiring music and motivating coaching set the pace for a workout that will leave you feeling sweaty and energized. EVERYONE FINISHES FIRST!



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

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