

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		GROUP RIDE DWAYNE		GROUP RIDE ERICA			
9:00AM	GROUP BLAST CHERYL		GROUP BLAST ALEX		GROUP RIDE ANDIE		
10:10AM	YMCA PILATES JEAN	R30 SONYA	YMCA YOGA SARA	R30 FRE	YMCA YOGA EMILEE	9:45AM R30	
4:30PM	GROUP BLAST LORI		GROUP BLAST HEATHER				3:00PM YMCA YOGA
5:45PM		GROUP groove HEATHER		GROUP groove CANDI P			
6:30PM	XX MIXXEDFIT TINA		XX MIXXEDFIT VERONICA				

ROOM 2

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

POOL

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

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



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!



MixxedFit® 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