

John P. Thayer YMCA Group Fitness Schedule (24 14th Street, 31901)

JANUARY, FEBRUARY, MARCH 2026

GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM		GROUP POWER ANNIKA		GROUP POWER NADEAN			
6:30AM			LESMILLS CORE DREA			9:00AM GROUP POWER	
8:30AM	SilverSneakers Circuit STEPHANIE	SilverSneakers Classic CARMEN	SilverSneakers BOOM JANICE	SilverSneakers Circuit STEPHANIE	SilverSneakers Classic ANNIKA	10:00AM LESMILLS BODYCOMBAT	
11:15AM	GROUP POWER KAT	GROUP BLAST LORI	GROUP POWER ANDIE	LESMILLS BODYCOMBAT LORI	GROUP POWER ROBIN	11:15AM LESMILLS CORE	
12:15PM	YMCA PILATES LEIGH	YMCA YOGA SARA	YMCA PILATES LEIGH	YMCA YOGA CANDICE M	YMCA PILATES LEIGH	12:00PM YMCA YOGA	2:00PM GROUP POWER
5:30PM	LESMILLS BODYCOMBAT JOY	GROUP POWER DREA	LESMILLS BODYCOMBAT JILLIAN	GROUP POWER KAYLA			
6:30PM	LESMILLS CORE JOY	GROUP groove KAYLA	YMCA YOGA EMILEE	XX MIXXEDFIT VERONICA			

FACILITY HOURS

Mon. - Thurs.:
5:00AM - 9:00PM
Friday:
5:00AM - 8:00PM
Saturday:
8:00AM - 4:00PM
Sunday:
1:00PM - 5:00PM



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

CYCLING STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM	GROUP RIDE DREA		GROUP R30 ERICA		GROUP RIDE NADEAN	10:15AM GROUP RIDE
10:00AM	GROUP RIDE JILLIAN		GROUP RIDE FRE		GROUP RIDE KAT	
12:15PM		GROUP R30 ANDIE		GROUP R30 AMMIE		
5:45PM	GROUP R30 NADEAN	GROUP RIDE LORI	GROUP R30 DREA	GROUP RIDE COREY		

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00AM		Aqua Fit JAMELLE		Aqua Fit CHERYL		Aqua Fit

KID ZONE HOURS

Monday - Friday:
8:00AM - 1:30PM
Monday - Thursday:
4:00PM - 7:30PM

Saturday:
8:00AM - 1:30PM



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!



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.



CORE is a 30-minute core-training workout that uses your body weight, resistance tubing and weights to tighten and tone your midsection. Exercises are designed to improve your functional strength for better mobility and injury prevention.



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.