



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		<small>GROUP</small> POWER <small>ANNIKA</small>		<small>GROUP</small> POWER <small>NADEAN</small>			
6:30AM			<small>LES MILLS</small> CORE <small>DREA</small>			9:00AM <small>GROUP</small> POWER	
8:30AM	<small>SilverSneakers</small> Circuit <small>STEPHANIE</small>	<small>SilverSneakers</small> Classic <small>CARMEN</small>	<small>SilverSneakers</small> BOOM <small>JANICE</small>	<small>SilverSneakers</small> Circuit <small>STEPHANIE</small>	<small>SilverSneakers</small> Classic <small>ANNIKA</small>	10:00AM <small>LES MILLS</small> BODYCOMBAT	
11:15AM	<small>GROUP</small> POWER <small>KAT</small>	<small>GROUP</small> BLAST <small>LORI</small>	<small>GROUP</small> POWER <small>ANDIE</small>	<small>LES MILLS</small> BODYCOMBAT <small>LORI</small>	<small>GROUP</small> POWER <small>ROBIN</small>	11:15AM <small>LES MILLS</small> CORE	
12:15PM	YMCA PILATES <small>LEIGH</small>	YMCA YOGA <small>SARA</small>	YMCA PILATES <small>LEIGH</small>	YMCA YOGA <small>CANDICE M</small>	YMCA PILATES <small>LEIGH</small>	12:00PM YMCA YOGA	2:00PM <small>GROUP</small> POWER
5:30PM	<small>LES MILLS</small> BODYCOMBAT <small>JOY</small>	<small>GROUP</small> POWER <small>DREA</small>	<small>LES MILLS</small> BODYCOMBAT <small>JILLIAN</small>	<small>GROUP</small> POWER <small>KAYLA</small>			
6:30PM	<small>LES MILLS</small> CORE <small>JOY</small>	<small>GROUP</small> groove <small>KAYLA</small>	YMCA YOGA <small>EMILEE</small>	 <small>MIXEDFIT</small> <small>VERONICA</small>			

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	<small>GROUP</small> RIDE <small>DREA</small>		R30 <small>ERICA</small>		<small>GROUP</small> RIDE <small>NADEAN</small>	10:15AM <small>GROUP</small> RIDE
10:00AM	<small>GROUP</small> RIDE <small>JILLIAN</small>		<small>GROUP</small> RIDE <small>FRE</small>		<small>GROUP</small> RIDE <small>KAT</small>	
12:15PM		R30 <small>ANDIE</small>		R30 <small>AMMIE</small>		
5:45PM	R30 <small>NADEAN</small>	<small>GROUP</small> RIDE <small>LORI</small>	R30 <small>DREA</small>	<small>GROUP</small> RIDE <small>COREY</small>		

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00AM		 Aqua Fit <small>JAMELLE</small>		 Aqua Fit <small>CHERYL</small>		 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!



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**