


# John P. Thayer YMCA Group Fitness Schedule (downtown location)

OCTOBER, NOVEMBER, DECEMBER 2025

## GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM		<small>GROUP</small> <b>POWER</b> ERICA		<small>GROUP</small> <b>POWER</b> ROBIN			
6:30AM			<small>LES MILLS</small> <b>CORE</b> ANNIKA			9:00AM <small>GROUP</small> <b>POWER</b>	
8:30AM	<small>SilverSneakers</small> Circuit CHERYL	<small>SilverSneakers</small> Classic JOANNE	<small>BOOM</small> SARA	<small>SilverSneakers</small> Circuit JOHN	<small>SilverSneakers</small> Classic STEPHANIE	10:00AM <small>LES MILLS</small> <b>BODYCOMBAT</b>	
11:15AM	<small>GROUP</small> <b>POWER</b> JILLIAN	<small>GROUP</small> <b>BLAST</b> LORI	<small>GROUP</small> <b>POWER</b> KAT	<small>LES MILLS</small> <b>BODYCOMBAT</b> JILLIAN	<small>GROUP</small> <b>POWER</b> ANDIE	11:15AM <small>LES MILLS</small> <b>CORE</b>	
12:15PM	<b>YMCA</b> <b>PILATES</b> LORI	<b>YMCA</b> <b>YOGA</b> TABITHA	<b>YMCA</b> <b>PILATES</b> LEIGH	<b>YMCA</b> <b>YOGA</b> KARLA	<b>YMCA</b> <b>PILATES</b> LEIGH	12:00PM <b>YMCA</b> <b>YOGA</b>	2:00PM <small>GROUP</small> <b>POWER</b>
5:30PM	<small>LES MILLS</small> <b>BODYCOMBAT</b> KAYLA	<small>GROUP</small> <b>POWER</b> NADEAN	<small>GROUP</small> <b>BLAST</b> CANDI P	<small>GROUP</small> <b>POWER</b> CANDI P			
6:30PM	<small>LES MILLS</small> <b>CORE</b> DREA	<b>XX</b> MIXEDFIT SHANNA	<b>YMCA</b> <b>YOGA</b> KIM	<b>XX</b> MIXEDFIT 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	SUNDAY
5:45AM	<small>LES MILLS</small> <b>RPM</b> DREA		<small>LES MILLS</small> <b>sprint</b> ANNETTE		<small>LES MILLS</small> <b>RPM</b> DWAYNE	10:15AM <small>LES MILLS</small> <b>RPM</b>	
10:00AM	<small>LES MILLS</small> <b>RPM</b> LORI		<small>LES MILLS</small> <b>RPM</b> ANDIE		<small>LES MILLS</small> <b>RPM</b> COREY		
12:15PM		<small>LES MILLS</small> <b>sprint</b> AMMIE		<small>LES MILLS</small> <b>sprint</b> CAROL			
5:45PM	<small>LES MILLS</small> <b>RPM</b> NADEAN	<small>LES MILLS</small> <b>sprint</b> DWAYNE	<small>LES MILLS</small> <b>RPM</b> DREA	<small>LES MILLS</small> <b>sprint</b> ABBY			

## POOL

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

### CHILD WATCH 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.



**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!



**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.



**LES MILLS SPRINT™** is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits. \*Must be 15 years of age to participate.



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