







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

APRIL, MAY, JUNE 2026

GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM		GROUP POWER COREY		GROUP POWER ROBIN			
6:30AM			GROUP CORE ANNIKA			9:00AM GROUP POWER	
8:30AM	 JILLIAN	 JOANNE	 JANICE	 CHERYL	 ANNIKA	10:00AM GROUP fight	
11:15AM	GROUP POWER KATIE V	GROUP BLAST LORI	GROUP POWER JILLIAN	GROUP fight JILLIAN	GROUP POWER LORI	11:15AM GROUP CORE	
12:15PM	YMCA PILATES LEIGH	YMCA YOGA TABITHA	GROUP CENTERGY KATIE V	YMCA YOGA LORI	YMCA PILATES LEIGH	12:00PM YMCA YOGA	2:00PM GROUP POWER
5:30PM	GROUP fight CANDI P	GROUP POWER KATIE U	GROUP fight KAYLA	GROUP POWER CANDI P			
6:30PM	GROUP CORE DREA	GROUP groove NADEAN	YMCA YOGA KIM	 TINA			

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 ERICA		R30 ALFREDA		GROUP RIDE DWAYNE	10:15AM GROUP RIDE
10:00AM	GROUP RIDE ANDIE		GROUP RIDE LORI		GROUP RIDE JILLIAN	
12:15PM		R30 AMMIE		R30 SONYA		
5:45PM	R30 DREA	GROUP RIDE DREA	R30 MARY	GROUP RIDE MARY		

KID ZONE HOURS
 Monday - Friday:
 8:00AM - 1:30PM
 Monday - Thursday:
 4:00PM - 7:30PM
 Saturday:
 8:00AM - 1:30PM

POOL

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



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.



Grow longer and stronger with **Group Centergy®**, an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility, and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement journey. **REDEFINE YOUR SELF.**



Group Core® gives you three-dimensional strength in 30 action-packed minutes. A stronger core, from your shoulders to your hips, improves athletic performance and enhances Movement Health™. Expert coaching and motivating music will push you through a wide variety of innovative exercises that use your body weight, weight plates, a step, and a towel. **GET HARD CORE!**



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!**



Group Fight® is a gripping hour that builds cardio fitness, total-body strength, and coordination. Combine the hottest, adrenaline-fueled MMA movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon. Thrilling music and motivational coaching will get you fighting fit. **FIGHT FOR IT!**



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**