









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

JULY, AUGUST, SEPTEMBER 2025

GROUP FITNESS STUDIO


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM		LES MILLS BODYPUMP COREY		LES MILLS BODYPUMP DREA			
6:30AM	LES MILLS CORE ANNIKA		LES MILLS CORE DREA			9:00AM LES MILLS BODYPUMP	
8:30AM	 STEPHANIE	 JILLIAN	 JANICE	 CHERYL	 ANNIKA	10:00AM LES MILLS BODYCOMBAT	
11:15AM	LES MILLS BODYPUMP LORI	GROUP BLAST JILLIAN	LES MILLS BODYPUMP ROBIN	LES MILLS BODYCOMBAT LORI	LES MILLS BODYPUMP JILLIAN	11:15AM LES MILLS CORE	
12:15PM	YMCA PILATES LEIGH	YMCA YOGA SARA	YMCA PILATES JEAN	YMCA YOGA TABITHA	YMCA PILATES LORI	12:00PM YMCA YOGA	2:00PM LES MILLS BODYPUMP
5:30PM	LES MILLS BODYCOMBAT CANDI P	LES MILLS BODYPUMP KAYLA	GROUP BLAST HEATHER	LES MILLS BODYPUMP JOY			
6:30PM	LES MILLS CORE JOY	 VERONICA	YMCA YOGA EMILEE	 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	LES MILLS RPM ERICA		LES MILLS sprint ABBY		LES MILLS RPM NADEAN	10:15AM LES MILLS RPM	
10:00AM	LES MILLS RPM ANDIE		LES MILLS RPM JILLIAN		LES MILLS RPM FRE		3:15 PM LES MILLS sprint
12:15PM		LES MILLS sprint CAROL		LES MILLS sprint AMMIE			
5:45PM	LES MILLS RPM JANE	LES MILLS sprint DWAYNE	LES MILLS RPM ANNETTE	LES MILLS sprint ANNETTE			

CHILD WATCH 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		 CARMEN		 JAMELLE		



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!



BodyPump™ is the original barbell class that shapes, tones, and strengthens your entire body with a focus on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning. 60 minutes in duration. *Must be 15 years of age to participate.



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.



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.

***AGE LIMITATIONS: 12 - 14 YEAR OLDS ARE WELCOME TO NON-EQUIPMENT BASED CLASSES WITH AN ADULT; 15+ WELCOME IN ANY CLASS**