

# D.A. Turner YMCA Group Fitness Schedule (Warm Springs location)

OCTOBER, NOVEMBER, DECEMBER 2025

## ROOM 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM		<b>LES MILLS RPM</b> ALFREDA		<b>LES MILLS RPM</b> ERICA			
9:00AM	<b>GROUP BLAST</b> ALEX		<b>GROUP BLAST</b> CHERYL		<b>LES MILLS RPM</b> LORI		
10:10AM	<b>YMCA PILATES</b> JEAN		<b>YMCA PILATES</b> LORI		<b>YMCA YOGA</b> KATIE	9:45AM <b>GROUP BLAST</b>	
4:30PM	<b>GROUP BLAST</b> JILLIAN		<b>YMCA YOGA</b> CANDICE				3:00PM <b>YMCA YOGA</b>
5:45PM		<b>GROUP BLAST</b> CANDI P		<b>YMCA YOGA</b> RONNI			
6:30PM	<b>MIXED FIT</b> VERONICA		<b>MIXED FIT</b> TINA				

### FACILITY HOURS

**Monday - Thurs:**  
5:30AM - 9:00PM  
**Friday:**  
5:30AM - 8:00PM  
**Saturday:**  
8:00AM - 4:00PM  
**Sunday:**  
1:00PM - 5:00PM

### CHILD WATCH HOURS

**Monday, Wednesday, Friday:**  
8:30AM - 11:30PM  
**Monday - Thursday:**  
4:00PM - 8:00PM  
**Saturday:**  
8:00AM - 11:30PM

## ROOM 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	<b>GROUP POWER</b> ANNIKA		<b>GROUP POWER</b> JOY		<b>GROUP POWER</b> DREA		
9:00AM	<b>BOOM</b> JANICE	<b>GROUP POWER</b> ROBIN	<b>SilverSneakers Classic</b> CARMEN	<b>GROUP POWER</b> KATIE	<b>SilverSneakers Circuit</b> ANNIKA	8:30AM <b>GROUP POWER</b>	
10:10AM	<b>SilverSneakers Classic</b> ALEX	<b>SilverSneakers Circuit</b> CARMEN	<b>BOOM</b> STEPHANIE	<b>SilverSneakers Classic</b> JAMELLE	<b>BOOM</b> JOHN		
4:30PM		<b>GROUP POWER</b> COREY		<b>GROUP POWER</b> JILLIAN			
5:45PM	<b>GROUP POWER</b> JOY		<b>GROUP POWER</b> KAYLA				
6:30PM		<b>YMCA PILATES</b> KIM					

## POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30AM	<b>Aqua Fit</b> ERNESTINE		<b>Aqua Fit</b> CARMEN		<b>Aqua Fit</b> JAMELLE



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



**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.



**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.



**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**