

D.A. Turner YMCA Group Fitness Schedule (4384 Warm Springs Road, 31909)

APRIL, MAY, JUNE 2026

ROOM 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM		GROUP AIDE ALFREDA		GROUP AIDE NADEAN			
9:00AM	GROUP BLAST LORI		GROUP BLAST CHERYL		GROUP AIDE ROBIN		
10:10AM	Y M C A PILATES JEAN	R30 KAT	Y M C A YOGA SARA	R30 ANDIE	GROUP CENTERGY KAT	9:45AM R30	
4:30PM	GROUP BLAST HEATHER		GROUP BLAST JILLIAN			10:30AM GROUP CENTERGY	3:00PM Y M C A YOGA
5:45PM		GROUP groove CANDI P		GROUP groove KAYLA			
6:30PM	XX MIXEDFIT VERONICA		XX MIXEDFIT SHANNA				

FACILITY HOURS

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

KID ZONE 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	GROUP POWER NADEAN		GROUP POWER ERICA		GROUP POWER DREA		
9:00AM	BOOM JANICE	GROUP POWER ANDIE	SilverSneakers Classic SARA	GROUP POWER MICHELLE	SilverSneakers Circuit LORI	8:30AM GROUP POWER	
10:10AM	SilverSneakers Classic CHERYL	SilverSneakers Circuit CHERYL	BOOM STEPHANIE	SilverSneakers Classic JOANNE	BOOM ANNIKA	9:30AM GROUP groove	
11:30AM		SilverSneakers Classic JAMELLE					
4:30PM		GROUP POWER KAYLA	Y M C A YOGA RONNI	GROUP POWER JOY			
5:45PM	GROUP POWER JOY		GROUP POWER DREA				
6:30PM		Y M C A YOGA KIM		GROUP fight KATIE U			

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30AM	Aqua Fit JAMELLE		Aqua Fit SARA		Aqua Fit SARAH



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.



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 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