John P. Thayer YMCA Group Fitness Schedule

JULY, AUGUST, SEPTEMBER 2020

GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 a.m.		LesMills BODYPUMP *Rachel*		30' LesMills BODYPUMP / LesMills CXWORX *Nadean*	
8:30 a.m.	*RESERVED FOR SILVER SNEAKERS*				
10:00 a.m.	YOGA *Tessa*	pilates *Judy*			POUND *Brandy/Taylar*
11:15 a.m.	LesMills BODYPUMP *Karen*	POUND *Taylar*	YOGA *Daniel*	pilates *Judy*	LesMills BODYPUMP *Kayla*
12:30 p.m.	LesMills SH'BAM *Kayla*	LesMills CXWORX *Andie/Taylar*	30' LesMills BODYPUMP / LesMills CXWORX *Karen*	LesMills BODYCOMBAT ***Exp.*** *Tiffany*	YOGA *Sara*
5:30 p.m.	LesMills BODYCOMBAT *Rachel*	LesMills SH'BAM *Nadean*	LesMills BODYCOMBAT *Tiffany*	LesMills BODYPUMP *Tiffany*	
6:30 p.m.		LesMills BODYPUMP *Erica*			
6:45 p.m.	YOGA *Ronni*		LesMills CXWORX *Tiffany*	POUND *Abby*	

CYCLING STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 a.m.	LesMills RPM *Erica*		LesMills sprint *Nadean*		LesMills RPM *Erica*
12:00 p.m.	LesMills sprint *Kim*	LesMills RPM *Sharon*		LesMills RPM *Cynthia*	LesMills sprint *Bill*
6:00 p.m.	LesMills RPM *Bill*	LesMills RPM *Tiffany*		LesMills sprint *Kim*	

FACILITY HOURS

Monday – Thursday: 5:00AM – 9:00PM
Friday: 5:00AM – 8:00PM
Saturday: 8:00AM – 2:00PM
Sunday: 1:00PM – 5:00PM

CHILD WATCH HOURS

Monday – Friday:
9:00AM – 2:00PM;
4:00PM – 7:45PM
Saturday:
9:00AM – 2:00PM

D.A. Turner YMCA Group Fitness Schedule

JULY, AUGUST, SEPTEMBER 2020

ROOM 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.	LesMills 30' BODYPUMP LesMills CXWORX *Annika*		LesMills BODYPUMP *Andrea*		LesMills 30' BODYPUMP LesMills CXWORX *Andrea*
9:00 a.m.	CARDIO 30 / CORE 30 *Judy*	LesMills BODYPUMP *Cynthia*		LesMills BODYPUMP *Lesley*	
10:15 a.m.		LesMills SH'BAM *Andie*	LesMills BODYCOMBAT *Katie*	LesMills SH'BAM *Katie*	LesMills CXWORX *Judy*
5:30 p.m.	LesMills CXWORX *Andrea*	POUND *Abby*	LesMills BODYPUMP *Kayla*	LesMills BODYCOMBAT *Candice P.*	
6:15 p.m.	LesMills SH'BAM *Candice P.*				
6:30 p.m.		LesMills BODYPUMP *Bill*			
6:45 p.m.			LesMills CXWORX *Rachel*	LesMills BODYPUMP ***Exp.*** *Candice P.*	

ROOM 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.		LesMills RPM *Annika*		LesMills sprint *Rachel*	
9:00 a.m.	LesMills RPM *Cynthia*		Yogalates *Jean*	YOGA *Ashley E.*	LesMills RPM *Lesley*
10:10 a.m.	*RESERVED FOR SILVER SNEAKERS*				
5:30 p.m.	LesMills RPM *Nadean*	YOGA *Ashley E.*	LesMills sprint *Bill*	LesMills RPM *Bill*	
6:15 p.m.			YOGA *Candice M.*		
6:30 p.m.	YOGA *Candice M.*	LesMills sprint *Rachel*			

FACILITY HOURS

Monday – Thursday: 5:45AM – 8:00PM
Friday: 5:45AM – 7:00PM
Saturday: 8:00AM – 2:00PM
Sunday: 1:00PM – 5:00PM

CHILD WATCH HOURS

Monday – Thursday:
8:00AM – 11:00AM;
5:00PM – 7:45PM
Friday: 8:00AM – 11:00AM
Saturday: 9:00AM – 12:30PM

JULY WEEKEND SCHEDULE

SATURDAY – JOHN P. THAYER

	JULY 4TH	JULY 11TH	JULY 18TH	JULY 25TH
9:15 a.m.		LesMills BODYPUMP *Kayla*	LesMills BODYPUMP *Tiffany*	LesMills BODYPUMP *Karen*
9:15 a.m.		LesMills sprint *Bill*	LesMills sprint *Kim*	LesMills sprint *Rachel*
10:30 a.m.		LesMills RPM *Tiffany*	LesMills RPM *Tiffany*	LesMills RPM *Bill*
10:30 a.m.		LesMills BODYCOMBAT *Katie*	LesMills BODYCOMBAT *Jillian*	LesMills BODYCOMBAT *Tiffany*
11:45 a.m.		LesMills CXWORX *Andrea*	LesMills CXWORX *Andie*	LesMills CXWORX *Tiffany*
12:30 p.m.		YOGA *Tessa*	YOGA *Daniel*	YOGA *Candice P.*

FACILITY HOURS
Saturday:
8:00 a.m. – 2:00 p.m.
Sunday:
1:00 p.m. – 5:00 p.m..

CHILD WATCH
Saturday:
9:00 a.m. – 2:00 p.m.

SUNDAY – JOHN P. THAYER

	JULY 5TH	JULY 12TH	JULY 19TH	JULY 26TH
2:00 p.m.		LesMills BODYPUMP *Annika*	LesMills BODYPUMP *Annika*	LesMills BODYPUMP *Rachel*

SATURDAY – D.A. TURNER

	JULY 4TH	JULY 11TH	JULY 18TH	JULY 25TH
9:15 a.m.		LesMills BODYPUMP *Candice*	LesMills BODYPUMP *Andrea*	LesMills BODYPUMP *Judy*
9:15 a.m.		LesMills RPM *Erica*	LesMills RPM *Bill*	LesMills RPM *Jillian*
10:15 a.m.		YOGA *Erika*	YOGA *Sara*	YOGA *Ashley E.*
10:30 a.m.		LesMills SH'BAM *Andie*	LesMills SH'BAM *Kayla*	LesMills SH'BAM *Nadean*
11:30 a.m.		LesMills CXWORX *Judy*	LesMills CXWORX *Karen*	LesMills CXWORX *Nadean*

FACILITY HOURS
Saturday:
8:00 a.m. – 2:00 p.m.
Sunday:
1:00 p.m. – 5:00 p.m..

CHILD WATCH
Saturday:
9:00AM – 12:30 p.m.

SUNDAY – D.A. TURNER

	JULY 5TH	JULY 12TH	JULY 19TH	JULY 26TH
2:00 p.m.		LesMills RPM *Bill*	LesMills RPM *Bill*	LesMills RPM *Bill*
3:15 p.m.		YOGA *Ashley E.*	YOGA *Tessa*	YOGA *Sara*