



1501 Kennerly Road • Irmo, SC 29063 • 803-407-8007 • [www.columbiaymca.org](http://www.columbiaymca.org)  
 We're social! • Become our fan on Facebook!



Northwest Family YMCA

### Group Exercise Studio

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY   |
|---|---|---|---|---|---|--|
| <b>ABS/STRETCH</b><br>8:50 - 9:05 am<br>Erin        | <b>REPREEBOK</b><br>5:30 - 6:30 am<br>Stephanie           | <b>ABS/STRETCH</b><br>8:50 - 9:05 am<br>Pamela            | <b>REPREEBOK</b><br>5:30 - 6:30 am<br>Stephanie       | <b>ZUMBA</b><br>8:00 - 8:45 am<br>Joann                       | <b>REPREEBOK</b><br>9:15 - 10:15 am<br>2/6 Stephanie<br>2/13 Dana<br>2/20 Terri<br>2/27 Carolyn | <b>REPREEBOK</b><br>2:30 - 3:30 am<br>2/7 Marsha<br>2/14 Lucia<br>2/21 Darlynn<br>2/28 Patty |
| <b>CARDIO MIX</b><br>9:15 - 10:15 am<br>Erin        | <b>REPREEBOK</b><br>8:15 - 9:15 am<br>Lucia               | <b>CARDIO MIX</b><br>9:15 - 10:15 am<br>Pamela            | <b>REPREEBOK</b><br>8:15 - 9:15 am<br>Erin            | <b>ABS/STRETCH</b><br>8:50 - 9:05 am<br>Erin                  |   |  |
| <b>SILVER SNEAKERS I</b><br>10:30 - 11:15 am<br>Amy | <b>20/20/20</b><br>9:30 - 10:30<br>Pamela                 | <b>YOGAKIDS 3 - 5 yrs</b><br>9:15 - 9:45 am               | <b>ZUMBA</b><br>9:30 - 10:15 am<br>Aliye              | <b>STPCARDIO</b><br>9:15 - 10:15 am<br>Joann                  |   | <b>YOGA</b><br>3:45 - 4:45 pm<br>2/7 Erin<br>2/14 Michele<br>2/21 Randa<br>2/28 Shell        |
| <b>ZUMBA</b><br>4:30 - 5:30 pm<br>Stephanie         | <b>YOGAKIDS</b><br>K5 - 5th grade<br>4:00 - 4:30 pm       | <b>SILVER SNEAKERS II</b><br>10:30 - 11:15 am<br>Heather  | <b>ZUMBA KIDS</b><br>K5 - 5th grade<br>4:00 - 4:30 pm | <b>SILVER SNEAKERS I</b><br>10:30 - 11:15 am<br>Heather/Patty |   |  |
| <b>BOOT CAMP</b><br>6:00 - 7:00 pm<br>Carie         | <b>ZEN CARDIO</b><br>4:45 - 5:45 pm<br>Shell ** NEW CLASS | <b>GYM CARDIO</b><br>5:30 - 6:30 pm<br>Carie (in the gym) | <b>CARDIO MIX</b><br>4:45 - 5:45 pm<br>Dana           | <b>ZUMBA</b><br>4:30 - 5:30 pm<br>Aften                       |   |  |
|   | <b>BODY SCULPT</b><br>6:00 - 7:00 pm<br>Marsha            | <b>ZUMBA</b><br>5:45 - 6:45 pm<br>Stephanie               | <b>REPREEBOK</b><br>6:00 - 7:00 pm<br>Marsha          |   |   |  |
|   | <b>YOGA</b><br>7:05 - 7:55 pm<br>Erin                     |   | <b>YOGA</b><br>7:05 - 7:55 pm<br>Nikki/Kim            |   |   |  |
|   |   |   | <b>YOGA</b><br>7:05 - 7:55 pm<br>Nikki/Kim            |   |   |  |
| <b>PILATES</b><br>8:45 - 9:30 am<br>Susan           | <b>YOGA</b><br>9:20 - 10:20 am<br>Randa                   | <b>PILATES</b><br>8:00 - 8:40 am<br>Lucia                 | <b>YOGA</b><br>9:20 - 10:20 am<br>JJ                  | <b>PILATES</b><br>8:45 - 9:30 am<br>Susan                     |   |  |
| <b>PILATES</b><br>6:00 - 6:45 pm<br>Darlynn         | <b>PILATES</b><br>6:00 - 6:45 pm<br>Erin W.               | <b>POWER YOGA</b><br>6:30 - 7:30 pm<br>Dara               | <b>PILATES</b><br>6:00 - 6:45 pm<br>Michele/Erin      |   |   |  |

### Mind, Body, Spirit Studio

### Cycling Studio

|                         |                            |                                 |                             |                             |   |  |
|-------------------------|----------------------------|---------------------------------|-----------------------------|-----------------------------|---|--|
| 5:30 - 6:15 am<br>Gene  | 5:30 - 6:15 am<br>Gene     | 5:30 - 6:15 am<br>Stephanie/Lem | 5:30 - 6:15 am<br>Stephanie | 5:30 - 6:15 am<br>Gene      | 8:15 - 9:00 am<br>2/6 Meredith<br>2/13 Jill<br>2/20 Shelley<br>2/27 Lem |  |
| 6:20 - 7:00 am<br>Elise | 9:15 - 10:00 am<br>Amy     | 6:20 - 7:00 am<br>Jill          | 9:15 - 10:00 am<br>Amy      | 6:20 - 7:00 am<br>Jill      |   |  |
| 8:00 - 8:45 am<br>Susan | 5:45 - 6:30 pm<br>Meredith | 8:00 - 8:45 am<br>Elise         | 5:45 - 6:20 pm<br>Christine | 8:00 - 8:45 am<br>Stephanie |   |  |
| 6:00 - 6:45 pm<br>Amy   |                            | 6:00 - 6:45 pm<br>Elise         |                             |                             |   |  |

Mission: To put Christian principles into practice through programs that build

We strive to turn no

