



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF COLUMBIA

Jeep Rogers Family YMCA

Winter Group Fitness Schedule
December 2019 - February 2020

GROUP FITNESS STUDIO								
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30-6:15 am	Cardio Sculpt Kirsten	Cardio Sculpt Marek	Cardio Sculpt Kirsten	Cardio Sculpt Marek	Cardio Sculpt Kirsten			
8:30-9:30am	LES MILLS BODYPUMP Audrey	Yoga Kat	LES MILLS BODYPUMP Audrey	Yoga Beth	LES MILLS BODYPUMP Audrey			
9:30-10:30am	Core Burn Kirsten	Dance Fit Kirsten/Stacey	Yoga Beth	Stacey	Yoga Jacqlyn	9:30-10:30 am	LES MILLS BODYPUMP Rotation	
10:30-11:30 am	Stacey	Total Strength Plus Liz	Dance Fit Stacey	Total Strength Plus J'Aimee	Dance Fit Stacey	10:30-11:30 am	Charmaine/ Kirsten	
11:30-12:30 pm	SilverSneakers Yoga Kat	SilverSneakers Circuit Stacey	SilverSneakers Circuit Stacey	Parkinson's Network Sharon/Rhonda	SilverSneakers Classic Sharon			
4:00-5:00 pm	(4:15-4:45) Active Kids Caroline	(3:30-4:30) Martial Arts	Big Sarge	(3:30-4:30) Martial Arts	Big Sarge			
5:00-5:30 pm		Swim Team Dry Land		Swim Team Dry Land				
5:30-6:00 pm	Total Strength Plus Liz		Total Strength Plus Amy					
6:00-6:30pm		LES MILLS BODYPUMP Melissa		LES MILLS GRIT Erica				
6:30- 7:00pm	Crystal/ Amy		Mixed Fit Erica	LES MILLS BODYPUMP Express Audrey	Crystal			
7:00-7:30 pm		Charmaine		Dionna				
7:30-8:00 pm								
CYCLE STUDIO								
9:30-10:15 am	Group Cycling Kathleen					8:30-9:15pm	RPM/Cycling Rotation	
5:30-6:00pm		Cyle/RPMExpress Rotation		Cyle/RPM Express Rotation				
6:00-6:45 pm	Group Cycling Cliff		Group Cycling Kathleen					



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SPIRIT, MIND & BODY STUDIO									
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY	
8:30-9:30 am	Barre Liz	(8:45-9:15) Cardio Sculpt Marek	Barre Pam	(8:45-9:15) Wiggle & Giggle Stacey	Barre Liz	8:30-9:30 am	Barre Pam/ Amy		
9:30-10:30 am	Pilates Kat	Barre, Belle or Bosu Liz	Core Burn Liz	Barre, Belle or Bosu Pam	Pilates Trish	9:30-10:30 am	PIYO Barbara		
10:30-11:00 am	Yoga in Motion Beth		Devotion in Motion Pam/Trish		Yoga in Motion Beth	10:30-11:30 am	Yoga Sunny		
11:00-11:30 am									
5:30-6:30 pm	Core Burn Pam	Barre J'Aimee/Trish		Barre J'Aimee/Trish		2:00-3:00 pm			Barre Rotation
6:30-7:30 pm	Pilates Kat	PIYO Barbara	Pilates Kat	PIYO Barbara					
7:30-9:30 pm				Self Defense Philip					
POOL									
8:00-9:00 am	FINish Strong Jerrie	FINish Strong Jerrie	Intro to Finning/ Aqua Bata Ginger	FINish Strong Jerrie					
9:00-10:00 am	Aqua Tone Jerrie	Aqua Tone Jerrie	Water Cardio Ginger	Aqua Tone Jerrie	Water Workout Jerrie				
10:00-11:00 am	Deep Water Jerrie	Core Training Jerrie	Aqua Tone Jerrie	Core Training Jerrie	Deep Water Jerrie				
7:30-8:30 pm		Body Tone/ Aqua Tabata Loretta							
FUNCTIONAL TRAINING COURTS									
8:30-9:30 am	Functional Fitness Rotation		Functional Fitness Rotation		Functional Fitness Rotation	8:30-9:30 am	Functional Fitness Marek		
6:30-7:30 pm		Functional Fitness Marek		Functional Fitness Marek					
GYMNASIUM									
8:45-9:15 am		Cardio Sculpt Marek		Cardio Sculpt Marek					
9:30-10:00am	Wiggle & Giggle Stacey		Wiggle & Giggle Stacey						
10:30-11:30 am		Active Adults Stacey		Active Adults Stacey					