

YMCA OF COLUMBIA

Group Fitness Schedule

Downtown YMCA

| FUNCTIONAL TRAINING STUDIO | | | | | |
|----------------------------|--------|--------------------------|-----------|--------------------------|--------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 5:30-6:15 pm | | SYNRGY360 Mary | | | |
| 6:00-6:45pm | | | | SYNRGY360 Mary | |