



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA OF COLUMBIA

Downtown YMCA

Group Fitness Schedule  
September 2020

GROUP FITNESS STUDIO 1							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
6-6:30AM			<b>SYNRGY360</b> Carleen	<b>SYNRGY360</b> Mackenzie	<b>LES MILLS GRIT</b> Rotation	8:15-8:45 am	<b>LES MILLS GRIT</b> Rotation
6-7AM	<b>LES MILLS BODYPUMP</b> <b>LES MILLS CXWORX</b> Trina	<b>LES MILLS BODYPUMP</b> Donna				9:00-10:00 AM	<b>LES MILLS BODYCOMBAT</b> Rotation
12:00-12:45PM	<b>LES MILLS BODYPUMP</b> Donna	<b>SYNRGY360</b> Ashley	<b>SYNRGY360</b> Ashley	<b>C</b> Cardio X Core Nancy	Total Strength Plus Nancy	10:15-11:15AM	<b>LES MILLS BODYPUMP</b> Rotation
5:30-6:15PM	<b>LES MILLS BODYPUMP</b> Shauna	<b>LES MILLS BODYCOMBAT</b> Trina	<b>LES MILLS BODYPUMP</b> <b>LES MILLS CXWORX</b> Shauna	<b>LES MILLS BODYCOMBAT</b> Donna	<b>LES MILLS BODYPUMP</b> Melissa		
6:30-7:30PM	<b>ZUMBA</b> Kaitlin		<b>ZUMBA</b> Kaitlin				
GROUP FITNESS STUDIO 2							
6-6:45 AM	Yoga Dara	Yoga Dara	Yoga Dara	Yoga Dara	Yoga Kinley		
9:30-10:15am	Silver Sneakers Leah	Parkinson's Network* Leah & Melissa	Tai Chi for Health Dee	Parkinson's Network* Leah & Melissa			
10:30-11:30am			Silver Sneakers Lisa		Silver Sneakers Leah		
12-12:45 pm	Yoga Sharon	Yoga Rachel-Elise	Yoga Kinley	Yoga Rachel-Elise	Pilates Melissa		
5:30-6:30 pm	Yoga Juliet	Yoga Nina	Yoga Juliet	Pilates Melissa			

\* Fee based class. Sign up required to attend.

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