



YMCA OF COLUMBIA

Ballentine Family YMCA

Group Fitness Schedule
September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Total Strength Plus Courtney 5:10-6:00am		Total Strength Plus Courtney 5:10-6:00am	Kettlebell Amy 5:15-6:00am	Total Strength Plus Rotation 9:30-10:15am	
					Rotation 2:30-3:30pm	
 Karen 8:00-9:00am	 Joanna 8:15-9:00am	Total Strength Plus Intervals Leslie 8:00 - 8:45am	Strength & Stability Joanna 8:15 - 9:00am	 Allison 8:15-9:15am		
 Joanna 9:30-10:15am	Kettlebell Joanna 9:15-10:00am	 Karen 9:00-10:00am	Kettlebell Joanna 9:15-10:00am	Total Strength Plus Intervals Leslie 9:30-10:15am		
			Barre/Beats Christy 10:15-11am	Yoga Monica 10:30-11:30pm		
Yoga Dianne 10:45-11:45am	Zumba GOLD Lisa 11:00-11:45am	Yoga Elizabeth 10:30-11:30am	Cardio Jam Christy 11:15-12pm			
	 Melissa 5:30-6:15pm		 Melissa 5:30-6:15pm			
 Alison 6:00-7:00pm	Yoga Monica 6:30 -7:30pm	 Alison 6:00-7:00pm	Pilates/Yoga Sandra 6:30 -7:30pm			
Due to Social Distancing and limited space. No cycling classes will be offered at this time. Please see Northwest YMCA for available cycling classes.						