



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF COLUMBIA

Jeep Rogers Family YMCA

Group Fitness Schedule
September 2020

GROUP EXERCISE STUDIO								
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30-6:30 am	Cardio Sculpt Kirsten	Cardio Sculpt Marek	Cardio Sculpt Kirsten	Cardio Sculpt Marek	Cardio Sculpt Kirsten			
6:30-8:30 am	Closed for Cleaning							
8:30-9:15 am	Audrey	Yoga Beth	Audrey	Yoga Beth	Audrey	8:30-9:15 am	Barbara	
9:15-9:30 am	Closed for Cleaning					9:15-9:30 am	Closed for Cleaning	
9:30-10:15 am	Pilates Trish	Dance Fit Rotation	Yoga Beth	Stacey	Yoga Jacqlyn	9:30-10:15 am	Rotation	
10:15-10:30 am	Closed for Cleaning					10:15-10:30 am	Closed for Cleaning	
10:30-11:15 am	Stacey	Total Strength J'Aimee	Dance Fit Stacey	Total Strength Plus Liz	Dance Fit Stacey	10:30-11:15 am	Zumba/Mixed Fit Rotation	
11:15-11:30 am	Closed for Cleaning							
11:30-12:30 pm	Yoga Lindsey	Circuit Stacey	Circuit Stacey	Parkinson's Network Rhonda	Classic Lindsey		2:00-3:00pm	Barre Pam
12:30-4:30 pm	Closed for Cleaning							
4:30-5:15 pm	Pilates Trish	Swim Team Dry Land	Pilates Melissa	Swim Team Dry Land				
5:15-5:30 pm	Closed for Cleaning							
5:30-6:15 pm	Total Strength Plus Liz	Melissa	Total Strength Plus Melissa	Amy T.				
6:15-6:30 pm	Closed for Cleaning							
6:30-7:15 pm	Hip Hop Body Blast Crystal	Charmaine	Mixed Fit Erica	Dionna	Hip Hop Body Blast Crystal			
7:15-10:00 pm	Closed for Cleaning							
CYCLE								
9:30-10:15 am	Cycling Kathleen		Cycling J'Aimee			9:30-10:15 am	Cycling/RPM Rotation	
6:00-6:45 pm	Cycling Cliff	Cycling/RPM Rotation	Cycling Kathleen	Cycling/RPM Rotation				



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SPIRIT, MIND, BODY									
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY	
8:30-9:15 am	Barre Pam		Barre Liz		Barre Liz	8:30-9:15 am	Barre Pam		
9:15-9:30 am	Closed for Cleaning								
9:30-10:15 am	Core Burn Kirsten	Barre, Bell, Bosu Liz	Core Burn Liz	Barre, Bell Bosu Pam					
10:15-10:30 am	Closed for Cleaning								
10:30-11:15 am		Active Adults Stacey		Active Adults Stacey					
11:15-5:30 pm	Closed for Cleaning								
5:30-6:30 pm	Core Burn Pam								
6:30-7:30 pm		PIYO Barbara		PIYO Barbara					
7:15-9:00 pm	Closed for Cleaning								
FUNCTIONAL TRAINING COURTS									
8:30-9:30 am	Functional Fitness Marek		Functional Fitness Marek		Functional Fitness Kirsten	8:30-9:30 am	Functional Fitness Marek		
6:30-7:30 pm		Functional Fitness Marek	Functional Fitness Marek	Functional Fitness Marek					
POOL									
8:00-9:00 am	Finning Bootcamp Jerrie	Finning Bootcamp Jerrie	Finning Bootcamp Dawn	Finning Bootcamp Jerrie					
9:00-10:00 am	Aqua Fit Jerrie	Aqua Fit Jerrie	Aqua Fit Dawn	Aqua Fit Jerrie	Aqua Fit Jerrie				
10:00-11:00 am	Aqua Circuit Jerrie	Aqua Circuit Jerrie	Deep Water Dawn	Aqua Circuit Jerrie	Deep Water Jerrie				