





# YMCA OF COLUMBIA

Orangeburg County YMCA

September 2020

GROUP EXERCISE STUDIO								
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30-6:25 am		LES MILLS <b>BODYPUMP</b> Ellen		LES MILLS <b>BODYPUMP</b> John Mark				
8:30-9:30 am	Total Strength Plus Miriam				LES MILLS <b>CXWORX</b> John Mark			
10-11 am						Yoga Summer	9:30-10:30 am LES MILLS <b>BODYPUMP</b> John Mark	
4:30-5:25 pm				Kettlebell Cindy			12:30-1:25 pm Yoga John	
5:30-6:30 pm	LES MILLS <b>CXWORX</b> John Mark	Kettlebell Cindy	Total Strength Plus Miriam		HIIT Cindy			
6-7 pm				LES MILLS <b>BODYPUMP</b> Ellen				
GYMNASIUM								
5:30am-6:25am	LES MILLS <b>RPM</b> Rachael	Cycle Sarah	LES MILLS <b>RPM</b> Rachael	Cycle Sarah	Cycle Sonia	8:30-9:30 am	LES MILLS <b>RPM</b> Cycle Rachael	
10-11 am	 Gyptsie		 Gyptsie		 Gyptsie			
6-7 pm			LES MILLS <b>RPM</b> Rachael	Cycle Brittany				
6:30-7:30 pm		 Gyptsie						
COMMUNITY ROOM/POOL								
8-8:45 AM	Water Aerobics Gyptsie	Water Aerobics Gyptsie	Water Aerobics Gyptsie	Water Aerobics Gyptsie	Water Aerobics Gyptsie			
9-9:45 AM	Silver Sneakers Gyptsie		Silver Sneakers Gyptsie		Silver Sneakers Gyptsie			

To view class descriptions visit [columbiaymca.org/schedules](http://columbiaymca.org/schedules).