



YMCA OF COLUMBIA

Northwest Family YMCA








Group Fitness Schedule
September 2020

GROUP FITNESS STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength Melissa 5:15-6:00am		Cardio Melissa 5:15-6:00am				
	Total Strength Plus Jennifer 6:15-7:00am	Total Strength Plus Joanna 7:45-8:30am	Total Strength Plus Jennifer 6:15-7:00am	Jennifer 6:15-7:00am		
Barre/Pilates Christy 8:30-9:15am						
		Jacquie 9:00-9:45am				Step Linda 8:15-9:00am
	Total Strength Plus Amy 9:30-10:30am		Yoga Regina 9:30-10:30am	Joanna 8:00-8:45am		
				Cardio Jam/Beats! Christy 9:00-10:00am	Linda 9:15-10am	
Silver Sneakers Amy 10:30 - 11:15am	Tai Chi Dr. Dee 11:00-11:45am	Silver Sneakers Nancy 10:00 - 10:45am	Silver Sneakers Yoga/Stretch Amy 10:30-11:15	Senior Circuit Christy 10:30-11:15am		
Silver Sneakers Amy 11:30-12:15pm					Rotation 10:15-11:15am	Rotation 2:30-3:30pm
Harry 5:15-6:00pm						
		Linda 5:30-6:15pm	Pilates Mel 5:15-6:00pm			
Kickboxing Mel 7:00-7:55pm	Pilates Mel 6-6:45 pm	Marsha 6:30 -7:30pm				

*Fee based class for non-members. Must register before.

To view class descriptions visit columbiaymca.org/schedules.

GYM - SPIRIT, MIND & BODY STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Pilates Mandy 8:00 - 8:45 am		Pilates Mandy 8:00 - 8:45 am		

	Yoga Randa 9:30-10:30am	Yoga Dianne 9:30-10:30am				Yoga Regina 2:45-3:45 am
		 Harry 5:15-6:00pm				
Yoga Monica 6:30 -7:30pm		Kickboxing Mel 7:00-7:55pm				
POOL						
Deep Water Aerobics Shelly 9:00-9:45	Deep Water Aerobics Karen 9:00-9:45	Deep Water Aerobics Shelly 9:00-9:45	Deep Water Aerobics Karen 9:00-9:45	Deep Water Aerobics Shelly 9:00-9:45		
Shallow Water Aerobics Shelly 10:00-10:45	Shallow Water Aerobics Karen 10:00-10:45	Shallow Water Aerobics Shelly 10:00-10:45	Shallow Water Aerobics Karen 10:00-10:45	Shallow Water Aerobics Shelly 10:00-10:45		
Aqua Fit-Loving Your Joints(Shallow Water) Nancy 11:00-11:45		Aqua Fit-Loving Your Joints(Shallow Water) Nancy 11:00-11:45		Aqua Fit-Loving Your Joints(Shallow Water) Nancy 11:00-11:45		
GYM - CYCLE						
		Cycle Rebecca 6:15-7:00am				
Cycle Amy 9:30-10:15am		Cycle Susan 8:45-9:30am	Cycle Amy 9:15-10:00am	Cycle Amy 9:30-10:15am	 Frank 8:30-9:15am	
					 Paula 9:30-10:15am	 Frank 1:30-2:15pm
	 Frank 6-6:45 pm	 Frank 6-6:45 pm	 Frank 6-6:45 pm			