



YMCA OF COLUMBIA

Jeep Rogers YMCA

Fitness Day Planner
January 2021

Monday

Morning	Start	Time	Room	Led By
Cardio Sculpt	5:30	45	GX	Kirsten
Body Pump	8:30	45	GX	Audrey
Barre	8:30	45	SMB	Pam
Functional Fitness	8:30	45	FTC	Marek
Aqua Fit	9:00	60	Pool	Jerrie
Pilates	9:30	45	GX	Kat
Core Burn	9:30	45	SMB	Kirsten
Cycle	9:30	45	Cycle	Kathleen
Aqua Circuit	10:00	60	Pool	Jerrie
Zumba	10:30	45	GX	Stacey
Silver Sneakers Yoga	11:30	45	GX	Kat
Evening	Start	Time	Room	Led By
Total Strength +	5:30	45	GX	Liz
Core Burn	5:30	45	SMB	Pam
Cycle	6:00	45	Cycle	Cliff
Hip Hop Body Blast	6:30	45	GX	Crystal

Thursday

Morning	Start	Time	Room	Led By
Cardio Sculpt	5:30	45	GX	Marek
Yoga	8:30	45	GX	Beth
Aqua Fit	9:00	60	Pool	Jerrie
Zumba	9:30	45	GX	Stacey
Barre, Bell, Bosu	9:30	45	SMB	Pam
Aqua Circuit	10:00	60	Pool	Jerrie
Total Strength +	10:30	45	GX	Liz
Active Adults	10:30	45	Gym	Stacey
Parkinson's	11:30	45	GX	Rhonda
Swim Conditioning	1:00	30	Pool	Amy D.
Evening	Start	Time	Room	Led By
Body Pump	5:30	45	GX	Amy T.
Cycle	6:00	45	Cycle	Rotation
Zumba	6:30	45	GX	Dionna
PiYo	6:30	45	SMB	Barbara
Functional Fitness	6:30	45	FTC	Marek

Tuesday

Morning	Start	Time	Room	Led By
Cardio Sculpt	5:30	45	GX	Marek
Yoga	8:30	45	GX	Kat
Aqua Fit	9:00	60	Pool	Jerrie
Dance Fit	9:30	45	GX	Rotation
Barre, Bell, Bosu	9:30	45	SMB	Liz
Aqua Circuit	10:00	60	Pool	Jerrie
Total Strength	10:30	45	GX	J'Aimee
Active Adults	10:30	45	Gym	Stacey
Silver Sneakers Circuit	11:30	45	GX	Stacey
Swim Conditioning	1:00	30	Pool	Amy D.
Evening	Start	Time	Room	Led By
Body Pump	5:30	45	GX	Melissa
Cycle	6:00	45	Cycle	Rotation
Zumba	6:30	45	GX	Charmaine
PiYo	6:30	45	SMB	Barbara
Functional Fitness	6:30	45	FTC	Marek

Friday

Morning	Start	Time	Room	Led By
Cardio Sculpt	5:30	45	GX	Kirsten
Body Pump	8:30	45	GX	Audrey
Barre	8:30	45	SMB	Liz
Functional Fitness	8:30	45	FTC	Kirsten
Aqua Fit	9:00	60	Pool	Jerrie
Pilates	9:30	45	SMB	Trish
Deep Water	10:00	60	Pool	Jerrie
Dance Fit	10:30	45	GX	Stacey
Silver Sneakers Classic	11:30	45	GX	Sharon
Evening	Start	Time	Room	Led By
Hip Hop Body Blast	6:30	45	GX	Crystal

Wednesday

Morning	Start	Time	Room	Led By
Cardio Sculpt	5:30	45	GX	Kirsten
Body Pump	8:30	45	GX	Audrey
Barre	8:30	45	SMB	Liz
Functional Fitness	8:30	45	FTC	Marek
Aqua Fit	9:00	60	Pool	Dawn
Yoga	9:30	45	GX	Beth
Core Burn	9:30	45	SMB	Liz
Cycle	9:30	45	Cycle	J'Aimee
Deep Water	10:00	60	Pool	Dawn
Dance Fit	10:30	45	GX	Stacey
Silver Sneakers Circuit	11:30	45	GX	Stacey
Evening	Start	Time	Room	Led By
Total Strength +	5:30	45	GX	Melissa
Cycle	6:00	45	Cycle	Kathleen
Mixed Fit	6:30	45	GX	Erica
Functional Fitness	6:30	45	FTC	Marek

Saturday

Morning	Start	Time	Room	Led By
Barre	8:30	45	GX	Pam
PiYo	8:30	45	SMB	Barbara
Functional Fitness	8:30	45	FTC	Marek
Body Pump	9:30	45	GX	Rotation
Cycle	9:30	45	Cycle	Rotation
Zumba/Mixed Fit	10:30	45	GX	Rotation

Sunday

Afternoon	Start	Time	Room	Led By
Barre	2:00	60	GX	Pam
HIIT/Dance	3:30	60	GX	Kirsten

Group Exercise Studio	GX
Spirit, Mind, Body Studio	SMB
Functional Training Court	FTC
Gymnasium	Gym
Cycle	Cycle
Pool	Pool