



YMCA OF COLUMBIA

Ballentine YMCA

Fitness Day Planner
January 2021

Monday

Morning		Start	Time	Room	Led By
Les-Mills - BODYPUMP		8:15	60	GX	Karen
Les-Mills - CXWORX		9:30	45	GX	Joanna
Yoga		10:30	60	GX	Dianne
Evening		Start	Time	Room	Led By
Les-Mills - BODYPUMP		6:00	60	GX	Alison

Tuesday

Morning		Start	Time	Room	Led By
Total Strength Plus		5:15	45	GX	Courtney
Les-Mills - CXWORX		8:15	45	GX	Joanna
Kettlebells		9:15	45	GX	Joanna
Zumba GOLD		11:00	45	GX	Lisa
Evening		Start	Time	Room	Led By
Les-Mills - GRIT		5:30	45	GX	Melissa
Les-Mills- RPM		5:00	45	Cycle	Paula

Wednesday

Morning		Start	Time	Room	Led By
Cycle		6:15	45	Cycle	Rebecca
Total Strength Plus Intervals		8:00	45	GX	Leslie
Les-Mills - BODYPUMP		9:00	60	GX	Karen
Yoga		10:15	60	GX	Sandra
Evening		Start	Time	Room	Led By
Les-Mills - BODYPUMP		6:00	60	GX	Alison

Thursday

Morning		Start	Time	Room	Led By
Total Strength Plus		5:15	45	GX	Courtney
Strength & Stability		8:15	45	GX	Joanna
Kettlebells		9:15	45	GX	Joanna
Beats/Fluidity		10:15	45	GX	Christy
Cardio Jam		11:15	45	GX	Christy
Evening		Start	Time	Room	Led By
Les-Mills - GRIT		5:30	45	GX	Melissa
Les-Mills - RPM		5:00	45	Cycle	Paula

Friday

Morning		Start	Time	Room	Led By
Kettlebells		5:15	45	GX	Amy
Les-Mills - BODYPUMP		8:15	60	GX	Alison
Total Strength Plus Intervals		9:30	45	GX	Leslie
Yoga		10:30	60	GX	Monica

Saturday

Morning		Start	Time	Room	Led By
Les-Mills - RPM		8:30	45	Cycle	Paula
Total Strength Plus		9:30	45	GX	Rotation

Sunday

Afternoon		Start	Time	Room	Led By
Zumba		2:30	60	GX	Rotation

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all