



YMCA OF COLUMBIA

Downtown YMCA

Fitness Day Planner
January 2021

Monday

Morning	Start	Time	Room	Led By
Body Pump/CXWORX	6:00	60	Studio 1	Trina
Yoga	6:00	45	Studio 2	Dara
Silver Sneakers	9:30	45	Studio 2	Leah
Midday	Start	Time	Room	Led By
Body Pump	12:00	45	Studio 1	Donna
Yoga	12:00	45	Studio 2	Sharon
Evening	Start	Time	Room	Led By
Body Pump	5:30	45	Studio 1	Shauna/ Randy
Yoga	5:30	60	Studio 2	Juliet
Dance Cardio	6:30	60	Studio 1	Kaitlin

Tuesday

Morning	Start	Time	Room	Led By
Body Pump	6:00	60	Studio 1	Donna
Yoga	6:00	45	Studio 2	Dara
Parkinson's Network	9:30	45	Studio 2	Leah/ Melissa
Midday	Start	Time	Room	Led By
Synrgy360	12:00	45	Studio 1	Ashley
Yoga	12:00	45	Studio 2	Rachel-Elise
Evening	Start	Time	Room	Led By
Body Combat	5:30	45	Studio 1	Trina

Wednesday

Morning	Start	Time	Room	Led By
Synrgy360	6:00	30	Studio 1	Carleen
Silver Sneakers	10:30	60	Studio 2	Lisa
Midday	Start	Time	Room	Led By
Synrgy360	12:00	45	Studio 1	Ashley
Yoga	12:00	45	Studio 2	Nina
Evening	Start	Time	Room	Led By
Body Pump/CXWORX	5:30	45	Studio 1	Shauna/ Randy
Yoga	5:30	60	Studio 2	Juliet
Dance Cardio	6:30	60	Studio 1	Kaitlin

Thursday

Morning	Start	Time	Room	Led By
Synrgy360	6:00	30	Studio 1	Mackenzie
Yoga	6:00	45	Studio 2	Dara
Parkinson's Network	9:30	45	Studio 2	Leah/ Melissa
Midday	Start	Time	Room	Led By
Cardio x Core	12:00	45	Studio 1	Nancy
Yoga	12:00	45	Studio 2	Rachel-Elise
Evening	Start	Time	Room	Led By
Body Combat	5:30	45	Studio 1	Donna
Pilates	5:30	60	Studio 2	Melissa

Friday

Morning	Start	Time	Room	Led By
GRIT	6:00	30	Studio 1	Rotation
Silver Sneakers	10:30	60	Studio 2	Leah
Midday	Start	Time	Room	Led By
Total Strength +	12:00	45	Studio 1	Nancy
Pilates	12:00	45	Studio 2	Melissa
Evening	Start	Time	Room	Led By
Body Pump	5:30	45	Studio 1	Melissa

Saturday

Morning	Start	Time	Room	Led By
GRIT	8:15	30	Studio 1	Rotation
Body Combat	9:00	60	Studio 1	Rotation
Body Pump	10:15	60	Studio 1	Rotation

Sunday, January 24th - POP UP CXWORX with Randy at 1:15PM