



# YMCA OF COLUMBIA

Orangeburg County YMCA

Fitness Day Planner  
January 2020

## Monday

Morning	Start	Time	Room	Led By
RPM	5:30 am	55 min	CS	Rachael
Water Aerobics	8:00 am	45 min	Pool	Gyptsie
Total Strength Plus	8:30 am	55 min	GX	Miriam
Silver Sneakers	9:00 am	45 min	COM	Gyptsie
Zumba	10:00 am	55 min	GX	Gyptsie
Lunch Time Express HIIT	12:15 pm	30 min	GX	FOD
Evening	Start	Time	Room	Led By
CxWorX/Cardio	5:30 pm	55 min	GX	John Mark
Spin	6:00 pm	55 min	CS	Sonia
Yoga	7:00 pm	50 min	GX	FOD

## Thursday

Morning	Start	Time	Room	Led By
Body Pump	5:30 am	55 min	GX	John Mark
Cycle	5:30 am	55 min	CS	Sarah
Water Aerobics	8:00 am	45 min	Pool	Gyptsie
LunchTime express HIIT	12:15 pm	30 min	GX	FOD
Evening	Start	Time	Room	Led By
Kettlebell	4:30 pm	55 min	GX	Cindy
Body Pump	5:45 pm	55 min	GX	Ellen
Cycle	6:00 pm	55 min	CS	Brittany

## Tuesday

Morning	Start	Time	Room	Led By
Body Pump	5:30 am	55 min	GX	Ellen
Cycle	5:30 am	55 min	CS	Sarah
Water Aerobics	8:00 am	45 min	Pool	Gyptsie
LunchTime express Strength	12:15 pm	30 min	GX	FOD
Evening	Start	Time	Room	Led By
Kettlebell	5:30 pm	55 min	GX	Cindy
Cycle	5:30 pm	55 min	CS	Dhaya
Zumba	6:30 pm	55 min	GYM	Gyptsie

## Friday

Morning	Start	Time	Room	Led By
Cycle	5:30 am	55 min	CS	Sonia
Water Aerobics	8:00 am	45 min	Pool	Gyptsie
CxWorX/Cardio	8:30 am	55 min	GX	John Mark
Silver Sneakers	9:00 am	45 min	COM	Gyptsie
Zumba	10:00 am	55 min	GX	Gyptsie
LunchTime Express Core	12:15 pm	30 min	GX	FOD
Evening	Start	Time	Room	Led By
HIIT	5:30	55 min	GX	Cindy
Spin	6:00 pm	55 min	CS	Sonia

## Wednesday

Morning	Start	Time	Room	Led By
RPM	5:30 am	55 min	CS	Rachael
Water Aerobics	8:00 am	45 min	Pool	Gyptsie
Silver Sneakers	9:00 am	45 min	COM	Gyptsie
Zumba	10:00 am	55 min	GX	Gyptsie
LunchTime express Yoga	12:15 pm	30 min	GX	FOD
Evening	Start	Time	Room	Led By
Total Strength Plus	5:30 pm	55 min	GX	Miriam
RPM	6:00 pm	55 min	CS	Rachael
Kickboxing	7:00 pm	45 min	GX	FOD

## Saturday

Morning	Start	Time	Room	Led By
RPM	8:30 am	55 min	CS	Rachael
Body Pump	9:30 am	55 min	GX	John Mark
Yoga	12:30 pm	55 min	GX	John

Group Exercise Studio	GX
Community Room	COM
Cycle Studio	CS
Gymnasium	Gym
Pool	Pool
Fitness on Demand	FOD