



YMCA OF COLUMBIA NORTHWEST FAMILY YMCA

Fitness Planner
NOVEMBER 2022

Monday

Morning	Start	Time	Room	Led By
Bootcamp	5:00	45	GX	Melissa
Step	9:15	45	GX	Jacquie
Deep Water Aerobics	9:00	45	Pool	Elise
Cycle	9:30	45	Cycle	Amy
Shallow Water Aerobics	10:00	45	Pool	Elise
Silver Sneakers	10:30	45	GX	Amy
Silver Sneakers	11:30	45	GX	Amy
Evening	Start	Time	Room	Led By
Zumba	5:30	45	GX	Heather
Les Mills BODYPUMP	6:30	60	GX	Marsha

Tuesday

Morning	Start	Time	Room	Led By
Total Strength Plus	6:15	45	GX	Jennifer
Barre	8:45	45	SMB	Christy
Deep Water Aerobics	9:00	45	Pool	Karen
Total Strength Plus	9:30	60	GX	Amy
Shallow Water Aerobics	10:00	45	Pool	Karen
Tai Chi	11:00	45	GX	Dr. Dee
PWR! Parkinson's Class	12:00	60	GX	Kate
Evening	Start	Time	Room	Led By
Pilates	5:30	45	GX	Mel
Bootcamp	5:30	45	SMB	Melissa
Les Mills RPM	6:00	45	Cycle	Frank

Wednesday

Morning	Start	Time	Room	Led By
Bootcamp	5:00	45	GX	Melissa
Pilates	8:15	45	GX	Mandy
HIIT	8:30	45	SMB	Kate
Step	9:15	45	GX	Jacquie
Yoga	9:30	45	SMB	Dianne
Senior Circuit	10:30	45	GX	Jacquie
Evening	Start	Time	Room	Led By
Les Mills CORE	5:30	45	GX	Linda
Les Mills RPM	6:00	45	Cycle	Frank
Yoga	6:00	60	SMB	Monica
Les Mills BODYPUMP	6:30	60	GX	Marsha

Thursday

Morning	Start	Time	Room	Led By
Total Strength Plus	6:15	45	GX	Jennifer
Les Mills BODYPUMP	8:00	60	GX	Amy T.
Deep Water Aerobics	9:00	45	Pool	Karen
Cycle	9:15	45	Cycle	Amy
Yoga	9:30	60	GX	Randa
Shallow Water Aerobics	10:00	45	Pool	Karen
Silver Sneakers Yoga/Stretch	10:30	45	GX	Amy
Evening	Start	Time	Room	Led By
Pilates	5:30	45	GX	Mel
Les Mills RPM	6:00	45	Cycle	Frank
Zumba	6:30	60	GX	Heather

Friday

Morning	Start	Time	Room	Led By
Total Strength Plus	6:15	45	GX	Jennifer
Les Mills CORE	8:00	45	GX	Joanna
Pilates	8:15	45	SMB	Mandy
Deep Water Aerobics	9:00	45	Pool	Betsy
Cardio Jam/Beats	9:15	60	GX	Christy
Shallow Water Aerobics	10:00	45	Pool	Betsy
Senior Circuit	10:30	45	GX	Christy
PWR! Parkinson's Class	12:00	45	GX	Sharon

Saturday

Morning	Start	Time	Room	Led By
Step	8:15	45	GX	Linda
Les Mills RPM	8:30	45	Cycle	Frank
Les Mills CORE	9:15	45	GX	Linda
Les Mills BODYPUMP	10:15	60	GX	Rotation

Sunday

Afternoon	Start	Time	Room	Led By
Cycle	1:30	45	Cycle	Rotation
Les Mills BODYPUMP	2:30	60	GX	Tonia

Group Exercise Studio	GX
Spirit, Mind, Body	SMB
Cycle	Cycle
Pool	Pool

MOMMY AND ME YOGA SATURDAY, NOV. 12

Join Yoga Instructor Monica in the SMB Studio for a Special 'Mommy and Me Yoga' Class at 11:30 am.

