



YMCA OF COLUMBIA BALLENTINE YMCA

Fitness Planner
NOVEMBER 2022

Monday

Morning	Start	Time	Room	Led By
Les Mills BODYPUMP	8:15	60	GX	Karen
Les Mills CORE	9:30	45	GX	Joanna
Yoga	10:30	60	GX	Dianne
Pedaling/Parkinson's	12:00	60	Cycle	Frank
Evening	Start	Time	Room	Led By
Les-Mills - BODYPUMP	6:00	60	GX	Rotation

Tuesday

Morning	Start	Time	Room	Led By
Total Strength Plus	5:15	45	GX	Courtney
Les Mills CORE	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 RPM	5:00	45	Cycle	Paula
Les Mills BODYPUMP	5:15	45	GX	Clayton
Zumba	6:30	60	GX	Tammie

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
Evening	Start	Time	Room	Led By
Kettlebells	5:00	45	GX	Joanna
Les Mills BODYPUMP	6:00	60	GX	Rotation

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
Pedaling/Parkinson's	12:00	60	Cycle	Amy
Evening	Start	Time	Room	Led By
Total Strength Plus	4:30	45	GX	Melissa
Les Mills RPM	5:00	45	Cycle	Paula
Les Mills BODYPUMP	5:30	45	GX	Tonia
Zumba	6:30	60	GX	Glendora

Friday

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

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