



# YMCA OF COLUMBIA DOWNTOWN YMCA

Fitness Planner  
**NOVEMBER 2022**

## MONDAY

Morning	Start	Time	Room	Led By
Les Mills BodyCombat	6:00	45	ST 1	Jacquie
Les Mills GRIT	7:00	30	ST 1	HK
Silver Sneakers	10:30	60	ST 1	Leah
Les Mills BodyPump	12:00	45	ST 1	Donna
Yoga	12:00	45	ST 2	Sharon
Evening	Start	Time	Room	Led By
Les Mills BodyPump/Core	5:30	60	ST 1	Randy/Nicky
Yoga	5:30	60	ST 2	Juliet
Zumba	6:30	60	ST 1	Dionna

## TUESDAY

Morning	Start	Time	Room	Led By
Les Mills BodyPump	6:00	45	ST 1	Donna
Yoga	6:00	60	ST 2	Dara
Fitness for NeuroDiversity	9:30	45	ST 2	Leah
Yoga	12:00	45	ST 2	Rachel-Elise
Evening	Start	Time	Room	Led By
Strengthen, Lengthen, Tone	5:30	45	ST 2	Mae
Les Mills Body Combat	5:30	45	ST 1	Rotation
Zumba	6:30	60	ST 1	Rachel-Elise

## WEDNESDAY

Morning	Start	Time	Room	Led By
HIIT Boot Camp	6:00	45	FUN	Carleen
Les Mills GRIT	7:00	30	S1	HK
Silver Sneakers	10:30	60	ST 1	Lisa
Total Strength + Core	12:00	45	ST 1	Meredith
Evening	Start	Time	Room	Led By
Les Mills BodyPump/Core	5:30	60	ST 1	Randy/Shaina
HIIT Boot Camp	5:30	45	FUN	Mae
Yoga	5:30	60	ST 2	Nina
Zumba	6:30	60	ST 1	Dionna

## THURSDAY

Morning	Start	Time	Room	Led By
Yoga	6:00	60	ST 2	Dara
Les Mills BodyPump	6:00	45	ST 1	Trina
Fitness for NeuroDiversity	9:30	45	ST 2	Leah
Total Strength + Core	12:00	45	ST 1	Nancy
Yoga	12:00	45	ST 2	Rachel-Elise
Evening	Start	Time	Room	Led By
Les Mills BodyCombat	5:30	45	ST 1	Donna
Pilates	5:30	60	ST 2	Melissa
Zumba	6:30	60	ST 1	Rachel-Elise

## FRIDAY

Morning	Start	Time	Room	Led By
Les Mills GRIT	6:00	30	ST 1	Rotation
Silver Sneakers	10:30	60	ST 1	Leah
Core & Restore	12:15	45	ST 2	Mae
Evening	Start	Time	Room	Led By
Les Mills BodyPump	5:30	60	ST 1	Melissa

## SATURDAY

Morning	Start	Time	Room	Led By
Les Mills GRIT	8:30	30	ST 1	Rotation
Les Mills BodyCombat	9:00	60	ST 1	Rotation
Les Mills BodyPump	10:15	60	ST 1	Rotation

## SUNDAY - POP UP

Sunday Pop-Up Class Occurs Once a Month

November 20: Les Mills Core | 1:15 | ST 1 | Randy

S1 - Studio 1

S2 - Studio 2

FUN - Functional Fitness Room

## HOLIDAY SCHEDULE

**Nov. 23:** BodyPump at 5:30 pm CANCELED

**Nov. 24:** No Classes - Happy Thanksgiving!

**Nov. 25:** No Regular Classes (See Turkey Burn)

**Nov. 26:** No Regular Classes (See Turkey Burn)



## TURKEY BURN

**FRIDAY, NOV. 25**

11:00am BODYPUMP

**SATURDAY, NOV. 26**

9:00 am  
BODYCOMBAT

10:15am  
BODYPUMP

