



# YMCA OF COLUMBIA ORANGEBURG COUNTY YMCA

Fitness Planner  
NOVEMBER 2022

## Monday

Morning	Start	Time	Room	Led By
Les Mills 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
Floor Fusion	10:00 am	55 min	COM	Summer
Zumba	10:00 am	55 min	GX	Gyptsie
Evening	Start	Time	Room	Led By
Les Mills CORE/Cardio	5:30 pm	55 min	GX	John Mark
Cycle	5:30 pm	55 min	CS	Dhaya

## Tuesday

Morning	Start	Time	Room	Led By
Less Mills BodyPump	5:30 am	55 min	GX	Ellen
Cycle	5:30 am	55 min	CS	Sarah
Water Aerobics	8:00 am	45 min	Pool	Gyptsie
Soul Line Dancing	8:30 am	60 min	GX	Volunteer
Silver Sneakers	9:00 am	45 min	COM	Summer
Evening	Start	Time	Room	Led By
Kettlebell	5:30 pm	55 min	GX	Cindy
Zumba	6:30 pm	55 min	GX	Gyptsie
<b>Pickleball</b>	<b>5:00 pm</b>	<b>2.5 hrs</b>	<b>Gym</b>	<b>**</b>

## Wednesday

Morning	Start	Time	Room	Led By
Les Mills 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
Evening	Start	Time	Room	Led By
Les Mills BodyPump	4:30 PM	55 min	GX	Courtney
Cycle	5:30 PM	55 min	CS	Dhaya
Total Strength Plus	5:30 pm	55 min	GX	Miriam
Step and Sculpt	6:30 pm	55 min	GX	PJ

## Thursday

Morning	Start	Time	Room	Led By
Les Mills BodyPump	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
Silver Sneakers	9:00 am	45 min	COM	Summer
Floor Fusion	10:00 am	55 min	COM	Summer
Evening	Start	Time	Room	Led By
Kettlebell	4:30 pm	55 min	GX	Cindy
<b>Pickleball</b>	<b>5:00 pm</b>	<b>2.5 hrs</b>	<b>Gym</b>	<b>**</b>

## Friday

Morning	Start	Time	Room	Led By
Cycle	5:30 am	55 min	CS	Sonia
Soul Line Dancing	7:00 am	60 min	GX	Volunteer
Water Aerobics	8:00 am	45 min	Pool	Gyptsie
Les Mills CORE/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
<b>Pickleball</b>	<b>10:00 am</b>	<b>4 hrs</b>	<b>Gym</b>	<b>**</b>

## Saturday

Morning	Start	Time	Room	Led By
Les Mills RPM	8:30 am	55 min	CS	Rachael
<b>Pickleball</b>	<b>10:00 am</b>	<b>4 hrs</b>	<b>Gym</b>	<b>**</b>
Les Mills BodyPump	9:30 am	55 min	GX	John Mark
Yoga	11:00 pm	55 min	GX	Gyptsie

**GX** - Group Exercise Studio  
**COM** - Community Room  
**CS** - Cycle Studio

**GYM** - Gymnasium  
**POOL** - Pool



**TUESDAY:** 5:00 - 7:30 pm  
**THURSDAY:** 5:00 - 7:30 pm  
**FRIDAY:** 10:00 am - 2:00 pm  
**SATURDAY:** 10:00 am - 2:00 pm

ABOUT: Pickleball is not an instructor led activity. Courts, pickleballs and paddles are available on a first come first served basis. Seasoned players are occasionally on hand to answer questions you may have about the game.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JOIN OUR COMMUNITY

## ORANGEBURG COUNTY YMCA



The **Orangeburg County YMCA** has a wide variety of programs for people of all ages and interests. The facility features a waterpark, natatorium, therapeutic pool, large fitness center, gymnasium, child watch, and many great programs!

### OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

### AMENITIES

- » Group Exercise Classes
- » Active Older Adults
- » Cardio & Weights
- » Cycle Studio
- » Indoor Pool
- » Therapy Pool
- » Waterpark
- » Family Programs
- » Child Watch



### HOURS

- » Monday-Thursday: 5 am - 9 pm
- » Friday: 5 am - 8 pm
- » Saturday: 8 am - 6 pm
- » Sunday: 1 - 5:30 pm

### CHILDWATCH

**Ages 8 weeks to 9 years**

- » Monday/Wednesday/Friday: 9:00 - 11:00 am
- » Monday - Thursday: 5:00 - 8:00 pm

### CONTACT US

2550 St. Matthews Road, Orangeburg, SC 29118  
803.268.9622 | [columbiaymca.org](http://columbiaymca.org)

## MEMBERSHIP RATES

Membership Type	Monthly Rate
<b>Orangeburg County YMCA Only</b>	
<b>Family</b> (2 or more)*	\$57.00
<b>Adult</b> (Age 21 & Up)	\$39.00
<b>Young Adult</b> (Age 15-20)	\$23.00
<b>YMCA of Columbia Community Wide Membership</b>	
<b>Family</b> (2 or more)*	\$79.00
<b>Adult</b> (Age 21 & Up)	\$53.00
<b>Young Adult</b> (Age 15-20)	\$35.00

\* Must reside in the same household.