



YMCA OF COLUMBIA JEEP ROGERS FAMILY YMCA

Fitness Planner
DECEMBER 2023

MONDAY

| Morning | Start | Time | Room | Led By |
|-----------------------|-------|------|-------|------------|
| Les Mills RPM | 5:30 | 45 | Cycle | Tonya |
| Functional Fitness | 5:30 | 45 | FTC | Kirsten C. |
| Les Mills BODYPUMP | 8:30 | 60 | GX | Audrey |
| Barre | 8:30 | 60 | SMB | Pam |
| Aqua Fit | 9:00 | 60 | Pool | Carrie |
| Cardio Core | 9:30 | 45 | GX | Liz |
| Pilates | 9:30 | 45 | SMB | Trish |
| Cycle | 9:30 | 60 | Cycle | Tonya |
| Zumba** | 10:30 | 60 | GX | Staff |
| Line Dance | 11:30 | 60 | Gym | Stacey |
| AOA Yoga* | 11:30 | 60 | GX | Staff |
| Evening | Start | Time | Room | Led By |
| Hip Hop Cycle | 5:30 | 45 | Cycle | Kenisha |
| Total Strength Plus | 5:30 | 45 | SMB | J'Aimee |
| Core Burn | 5:30 | 60 | GX | Pam |
| Les Mills RPM / Cycle | 6:30 | 45 | Cycle | Sabrina |
| Yoga | 6:30 | 60 | SMB | Carrie |
| Hip Hop Body Blast | 6:30 | 60 | GX | Crystal |

TUESDAY

| Morning | Start | Time | Room | Led By |
|--------------------|-------|------|------|---------|
| Les Mills BODYPUMP | 5:30 | 60 | GX | Trina |
| Yoga | 8:30 | 60 | GX | Staff |
| Aqua Fit | 9:00 | 60 | Pool | Joyce |
| Dance Fit** | 9:30 | 60 | GX | Staff |
| HIIT | 9:30 | 45 | SMB | Liz |
| Move & Groove | 10:30 | 60 | Gym | Stacey |
| Total Strength | 10:30 | 45 | GX | Liz |
| AOA Circuit* | 11:30 | 60 | GX | Staff |
| Evening | Start | Time | Room | Led By |
| Les Mills BODYPUMP | 5:30 | 60 | GX | Melissa |
| PiYo | 5:30 | 60 | SMB | Barbara |
| AquaFit | 6:00 | 60 | Pool | Joyce |
| Zumba** | 6:30 | 60 | GX | Staff |
| Functional Fitness | 6:30 | 45 | FTC | Kirsten |

WEDNESDAY

| Morning | Start | Time | Room | Led By |
|--------------------------|-------|------|-------|------------|
| Functional Fitness | 5:30 | 60 | FTC | Kirsten C. |
| Cycle | 5:30 | 45 | Cycle | Trina |
| Les Mills BODYPUMP | 8:30 | 60 | GX | Audrey |
| Barre | 8:30 | 45 | SMB | Liz |
| Aqua Fit | 9:00 | 60 | Pool | Joyce |
| Yoga | 9:30 | 45 | SMB | Carrie |
| Cycle | 9:30 | 45 | Cycle | Tonya |
| Below The Belt | 9:30 | 30 | GX | Liz |
| Above The Waist | 10:00 | 30 | GX | Liz |
| Deep Water | 10:00 | 60 | Pool | Joyce |
| Dance Fit | 10:30 | 60 | Gym | Stacey |
| Pedaling for Parkinson's | 10:30 | 60 | Cycle | Tonya |
| AOA Circuit* | 11:30 | 60 | GX | Stacey |

WEDNESDAY, Continued

| Evening | Start | Time | Room | Led By |
|---------------------|-------|------|-------|------------|
| Les Mills BODY STEP | 5:30 | 45 | GX | Chris/John |
| Cycle Fusion | 6:30 | 60 | Cycle | Tonya |
| Barrelates | 6:30 | 45 | SMB | J'Aimee |
| MixedFit | 6:30 | 60 | GX | Erica |

THURSDAY

| Morning | Start | Time | Room | Led By |
|------------------------|-------|------|-------|------------|
| Total Body HIIT/Sculpt | 8:30 | 45 | GX | Liz |
| Aqua Fit | 9:00 | 60 | Pool | Joyce |
| Zumba** | 9:30 | 60 | GX | Stacey |
| B'HIIT | 9:30 | 60 | SMB | Pam |
| Move & Groove | 10:30 | 60 | Gym | Stacey |
| Total Strength | 10:30 | 45 | GX | Liz |
| PWR - Parkinson's | 11:30 | 60 | GX | Rhonda |
| Evening | Start | Time | Room | Led By |
| Les Mills BODYPUMP | 5:30 | 60 | GX | Chris/John |
| AquaFit | 6:00 | 60 | Pool | Joyce |
| Zumba** | 6:30 | 60 | GX | Dionna |
| Cycle | 6:30 | 60 | Cycle | J'aimee |
| Functional Fitness | 6:30 | 45 | FTC | Katie |

FRIDAY

| Morning | Start | Time | Room | Led By |
|--------------------|-------|------|-------|-----------------|
| Functional Fitness | 5:30 | 45 | FTC | Kirsten C. |
| Les Mills BODYPUMP | 8:30 | 60 | GX | Audrey |
| Bosu Blast | 8:30 | 45 | SMB | Liz |
| Aqua Fit | 9:00 | 60 | Pool | Carrie |
| Hip Hop Cycle | 9:30 | 60 | Cycle | Kenisha/Kirsten |
| Pilates | 9:30 | 45 | GX | Trish |
| Dance Fit** | 10:30 | 60 | GX | Staff |
| Yoga | 10:30 | 45 | SMB | Carrie |
| AOA Chair Yoga | 11:30 | 60 | GX | Carrie |

SATURDAY

| Morning | Start | Time | Room | Led By |
|---------------------|-------|------|-------|----------|
| B'HIIT | 8:30 | 45 | GX | Pam |
| Functional Fitness | 8:30 | 45 | FTC | Rotation |
| Cycle/Les Mills RPM | 8:30 | 45 | Cycle | Rotation |
| PiYo | 9:30 | 60 | SMB | Barbara |
| Les Mills BODYPUMP | 9:30 | 60 | GX | Rotation |
| Zumba/ Mixedfit | 10:30 | 60 | GX | Rotation |

SUNDAY

| Afternoon | Start | Time | Room | Led By |
|-----------------|-------|------|------|--------|
| Barre | 2:30 | 60 | GX | Pam |
| SUNDAY POP-UP** | 3:30 | 60 | | |

Sunday pop-up classes listed on reverse side

*AOA - Active Older Adult

** Youth Friendly Classes (ages 12 & up)



YMCA OF COLUMBIA JEEP ROGERS FAMILY YMCA

Fitness Planner
DECEMBER 2023

LEGEND

| | |
|---------------------------|-------|
| Group Exercise Studio | GX |
| Spirit, Mind, Body Studio | SMB |
| Functional Training Court | FTC |
| Gymnasium | Gym |
| Cycle | Cycle |
| Pool | Pool |

PERSONAL TRAINING

| SESSIONS | MEMBER | NONMEMBER |
|---------------------------|--------|-----------|
| 30 Minute Sessions | | |
| 1 Session | \$26 | \$39 |
| 4 Sessions | \$85 | \$128 |
| 8 Sessions | \$145 | \$218 |
| 12 Sessions | \$215 | \$299 |
| 60 Minute Sessions | | |
| 1 Session | \$45 | \$68 |
| 4 Sessions | \$155 | \$233 |
| 8 Sessions | \$285 | \$398 |
| 12 Sessions | \$399 | \$590 |

SUNDAY POP-UP CLASSES 3:30 to 4:40 PM

DECEMBER 2023

- 4:** Total Body Training with Lillian
11: STEP/BODYPUMP with John
18: Cycle with Tonya
25: CLOSED

JANUARY 2024

- 1:** CLOSED
8: Cycle/Weights with Tonya
15: BODYPUMP/CORE with Randy
22: Cycle/Weights with Tonya
29: Cycle Fusion with Jaimee

Visit columbiaymca.org/fitnessplanners
for the latest information.

12 DAYS OF FITNESS CHALLENGE!

Staying healthy and focused over the holidays is the best way to feel great as you head into the New Year. Pick up your **12 Days of Fitness Card** at Member Services today!

After 12 card punches, drop your card into the drawing for a chance at winning prizes.



HOLIDAY HOURS

Sunday, Dec. 24: Closed
Monday, Dec. 25: Closed

Monday, Dec. 31: Closed
Monday, Jan. 1: Closed

Like us on social media or download our Daxko Mobile App for the latest updates and cancelations on Group Ex Classes.