



# YMCA OF COLUMBIA ORANGEBURG COUNTY YMCA

Fitness Planner  
DECEMBER 2023

## Monday

MORNING	Start	Time	Room	Led By
Les Mills RPM	5:30	55 min	CS	Matt
Water Aerobics	8:00	45 min	Pool	Gyptsie
Total Strength Plus	8:30	55 min	GX	Miriam
Active Older Adult	9:00	45 min	COM	Gyptsie
Zumba	10:00	55 min	GX	Gyptsie
Strength & Stretching	11:00	55 min	GX	PJ
AFTERNOON	Start	Time	Room	Led By
Les Mills CORE/Cardio	5:30	55 min	GX	John Mark
Cycle	5:30	55 min	CS	Dhaya

## Tuesday

MORNING	Start	Time	Room	Led By
Les Mills BodyPump	5:30	55 min	GX	John Mark
Cycle	5:30	55 min	CS	Sarah
Water Aerobics	8:00	45 min	Pool	Gyptsie
Soul Line Dancing	8:30	55 min	GX	Volunteer
Active Older Adults	9:00	45 min	COM	Summer
Floor Fusion	10:00	55 min	COM	Summer
AFTERNOON	Start	Time	Room	Led By
Kettlebell	5:30	55 min	GX	Cindy
Cycle	6:15	55 min	CS	Anna
Zumba Strong	6:45	55 min	GX	Gyptsie
Pickleball	5:00	2.5 hrs	Gym	**

## Wednesday

MORNING	Start	Time	Room	Led By
Les Mills RPM	5:30	55 min	CS	Rachael
Water Aerobics	8:00	45 min	Pool	Gyptsie
Active Older Adults	9:00	45 min	COM	Gyptsie
Zumba	10:00	55 min	GX	Gyptsie
Strength & Stretching	11:00	55 min	GX	PJ

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

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

## Wednesday, con't

AFTERNOON	Start	Time	Room	Led By
Les Mills BodyPump	4:30	55 min	GX	Courtney
Cycle	5:30	55 min	Cycle	Anna
Total Strength Plus	5:30	55 min	GX	Miriam
Step and Sculpt	6:30	55 min	GX	PJ

## Thursday

MORNING	Start	Time	Room	Led By
Les Mills BodyPump	5:30	55 min	GX	John Mark
Cycle	5:30	55 min	CS	Sarah
Water Aerobics	8:00	45 min	Pool	Gyptsie
Active Older Adults	9:00	45 min	COM	Summer
Floor Fusion	10:00	55 min	COM	Summer
AFTERNOON	Start	Time	Room	Led By
Kettlebell	4:30	55 min	GX	Cindy
Total Strength	5:30	55 min	GX	Muhammad
Cycle	6:15	55 min	CS	Anna

## Friday

MORNING	Start	Time	Room	Led By
Les Mills RPM	5:30	55 min	CS	Rachel
Soul Line Dancing	7:00	55 min	GX	Volunteer
Water Aerobics	8:00	45 min	Pool	Gyptsie
Les Mills CORE/Cardio	8:30	55 min	GX	John Mark
Active Older Adults	9:00	45 min	COM	Gyptsie
Zumba	10:00	55 min	GX	Gyptsie

## Saturday

MORNING	Start	Time	Room	Led By
Les Mills RPM	8:30	55 min	CS	Rachael
Les Mills BodyPump	9:30	55 min	GX	John Mark
Pickleball	10:00	4 hrs	Gym	**
Strong by Zumba	10:30	55 min	GX	Gyptsie
Yoga	11:30	55 min	GX	Gyptsie

## 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.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JOIN OUR COMMUNITY ORANGEBURG COUNTY Y



The **Orangeburg County YMCA** is your community center for health and wellness. We offer a variety of programs and services for people of all ages, including child watch, fitness programs, aquatics, sports, pickleball, and family activities.

## BRANCH AMENITIES

- Cardio and Strength Equipment
- Free Weights
- Weekly Group Exercise Classes
- Water Aerobics Classes
- Active Older Adult Classes
- Cycle Studio
- Les Mills On-Demand
- Gymnasium
- Indoor Pickleball Courts (limited hours)
- 6-lane Competitive Swimming Pool
- Therapy Pool
- Seasonal Water Park: 2 Family Fun Slides, Bowl Slide, Rain Drop Fall, Spider Spray, Lazy River, Zero Depth pool, Tot Pool with slide, Group Pavilion
- Family and Regular Locker Rooms
- Child Watch\*

## HOURS

Monday – Thursday: 5:00 am–9:00 pm

Friday: 5:00 am–8:00 pm

Saturday: 8:00 am–6:00 pm

Sunday: 1:00 –5:30 pm

## CHILDWATCH\*

Members can enjoy the benefit of Childwatch while on the premises for up to two hours per child per day. FREE with Family Membership.

### Ages 8 weeks to 9 years

- Monday: 9:00–11:00 am | 5:00–8:00 pm
- Tuesday: 5:00–8:00 pm
- Wednesday: 9:00–11:00 am | 5:00–8:00 pm
- Thursday: 5:00–8:00 pm
- Friday: 9:00–11:00 am
- Saturday: 8:30 am–12:30pm

## LOCATION

**a:** 2550 St Matthews Rd, Orangeburg, SC 29118

**p:** 803268.9622

**e:** orangeburginfo@columbiaymca.org