



YMCA OF COLUMBIA JEEP ROGERS FAMILY YMCA

**Fitness Planner
FEBRUARY 2024**

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
Dancefit	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	Keneshia
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/ Lillian
Yoga	6:30	60	SMB	Carrie
Black Light Cardio	6:30	60	GX	Crystal

TUESDAY

Morning	Start	Time	Room	Led By
Les Mills BODYPUMP	5:30	60	GX	Trina
NEW! Yogalates	8:30	60	SMB	Trish
Aqua Fit	9:00	60	Pool	Joyce
Zumba	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	Gladys
Functional Fitness	6:30	45	FTC	Kirsten

WEDNESDAY

Morning	Start	Time	Room	Led By
Functional Fitness	5:30	60	FTC	Staff
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

WEDNESDAY, Continued

Pedaling for Parkinson's	10:30	60	Cycle	Tonya
AOA Circuit*	11:30	60	GX	Stacey
Evening	Start	Time	Room	Led By
Les Mills BODY STEP	5:30	45	GX	Chris/John
Cycle Fusion	6:30	60	Cycle	SaBrina
Barrelates	6:30	45	SMB	J'Aimee
MixedFit	6:30	60	GX	Erica

THURSDAY

Morning	Start	Time	Room	Led By
Body Pump	5:30	60	GX	Trina
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	Stacey
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	60	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	Keneshia/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	60	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



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LEGEND

Group Exercise Studio	GX
Spirit, Mind, Body Studio	SMB
Functional Training Court	FTC
Gymnasium	Gym
Cycle	Cycle
Deep Sea	DS
Pool	Pool

AOA = Active Older Adults

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

FEBRUARY 2024

- 4:** BODYPUMP/CORE with Randy
- 11:** BODYPUMP/CORE with Randy
- 18:** DANCE FIT with Barbara
- 25:** DANCE FIT with Barbara

MARCH 2024

- 3:** TOTAL STRENGTH with J’Aimee
- 10:** BODYPUMP/CORE with Randy

Visit columbiaymca.org/fitnessplanners for the latest information.

YMCA OF COLUMBIA
BUDDY
 PERSONAL TRAINING



Reach your goals together! Our buddy package includes 12, 60-min sessions for two.

Member \$250
 Nonmember \$365

Visit the Front Desk to learn more.