



# YMCA OF COLUMBIA ORANGEBURG COUNTY YMCA

**Fitness Planner**  
**FEBRUARY 2024**

## 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 BodyPump	4:30	55 min	GX	Courtney
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

## Wednesday, con't

AFTERNOON	Start	Time	Room	Led By
Les Mills BodyPump	4:30	55 min	GX	Courtney
Cycle	5:30	55 min	Cycle	Miriam
Step and Sculpt	5:30	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

## 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



## LIVESTRONG for Cancer Survivors



**NEXT SESSION: February 20 - May 9, 2024**

**WHEN: Tuesday/Thursday | 11:00 am to 12:30 pm**

**REGISTER NOW TO HOLD YOUR SPOT**

Contact April Perry at 803.268.9622  
or aprilperry@columbiaymca.org



**LEARN MORE**



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



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ORANGEBURG COUNTY  
YMCVIRTUAL TOUR**