



YMCA OF COLUMBIA ORANGEBURG COUNTY YMCA

Fitness Planner
MAY 2024

Monday

MORNING	Start	Time	Room	Led By
Cycle	5:30	55 min	Cycle	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	Cycle	Dhaya

Tuesday

MORNING	Start	Time	Room	Led By
Les Mills BodyPump	5:30	55 min	GX	John Mark
Cycle	5:30	55 min	Cycle	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
Pilates	4:30	55 min	GX	Mary
Kettlebell	5:30	55 min	GX	Cindy
Cycle	6:15	55 min	Cycle	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	Cycle	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	Cycle	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
Pickleball	5:00	2.5 hrs	Gym	**
Total Strength	5:30	55 min	GX	Muhammad
Cycle	6:15	55 min	Cycle	Madison

Friday

MORNING	Start	Time	Room	Led By
Les Mills RPM	5:30	55 min	Cycle	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	Cycle	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

MAY OFFER – PERSONAL TRAINING SPECIAL!

The YMCA of Columbia is offering incredible deals on personal training this May! Let our certified trainers help you cultivate a healthier, happier you!

8 sessions = 1 FREE 30-minute session (great for beginners!)

12 sessions = 1 FREE 60-minute session (go for your goals!)

Package	Personal Training	
	30-Min	60-Min
8 Sessions	\$145	\$285
12 Sessions	\$215	\$399

All sales are non-refundable and must be used within six months from date of purchase.

VISIT THE MEMBER SERVICES DESK TO SIGN-UP TODAY!