



YMCA OF COLUMBIA JEEP ROGERS FAMILY YMCA

Fitness Planner
MAY 2024

MONDAY

Morning	Start	Time	Room	Led By
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	Stacey
Line Dance	11:30	60	Gym	Stacey
AOA Yoga	11:30	60	GX	Carrie
Evening	Start	Time	Room	Led By
Hip Hop Cycle	5:30	45	Cycle	Kenesha
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
Cardio X	6:30	60	GX	Crystal

TUESDAY

Morning	Start	Time	Room	Led By
Les Mills BODYPUMP	5:30	60	GX	Trina
Yogalates	8:30	60	SMB	Trish
Aqua Fit	9:00	60	Pool	Joyce
Zumba	9:30	60	GX	Stacey
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	Stacey
Evening	Start	Time	Room	Led By
Les Mills BODYPUMP	5:30	60	GX	Melissa
PiYo	5:30	60	SMB	Barbara
AquaFit	6:30	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	Christopher
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	GX	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	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	Staff
Evening	Start	Time	Room	Led By
Les Mills BODYPUMP	5:30	60	GX	Chris/John
AquaFit	6:30	60	Pool	Joyce
Zumba	6:30	60	GX	Dionna
Cycle	6:30	60	Cycle	J'aimee
Functional Fitness	6:30	60	FTC	Sonny

FRIDAY

Morning	Start	Time	Room	Led By
Functional Fitness	5:30	45	FTC	Kirsten C.
Les Mills BODYPUMP	8:30	60	GX	Kristi
Bosu Blast	8:30	45	SMB	Liz
Aqua Fit	9:00	60	Pool	Carrie
Hip Hop Cycle	9:30	60	Cycle	Kenesha/Kirsten
Pilates	9:30	45	GX	Trish
Dance Fit**	10:30	60	GX	Stacey
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	60	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	9:45	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)



LEGEND

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

MAY 2024

- 5:** BODYPUMP/CORE with Randy
- 19:** TOTAL STRENGTH with J’Aimee

Visit columbiaymca.org/fitnessplanners for the latest information.

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!

YMCA OF COLUMBIA

RACE TO REMEMBER

5K RUN/WALK &
 1-MILE FUN RUN



SATURDAY
MAY 25TH

SIGN-UP TODAY!



DOWNTOWN YMCA