



# YMCA OF COLUMBIA BALLENTINE YMCA

Fitness Planner  
SEPTEMBER 2024

## Monday

| Morning                    | Start | Time | Room  | Led By   |
|----------------------------|-------|------|-------|----------|
| Cycle Core Fusion          | 5:15  | 50   | Cycle | Jennifer |
| Les Mills - BODYPUMP       | 8:00  | 60   | GX    | Karen    |
| Les Mills - CORE           | 9:15  | 45   | GX    | Karen    |
| Yoga                       | 10:30 | 60   | GX    | Dianne   |
| Afternoon                  | Start | Time | Room  | Led By   |
| Active Older Adult - Cycle | 12:00 | 60   | Cycle | Frank    |
| Les Mills - BODYPUMP       | 6:15  | 60   | GX    | Jaylen   |

## Tuesday

| Morning              | Start | Time | Room  | Led By   |
|----------------------|-------|------|-------|----------|
| Total Strength Plus  | 5:15  | 45   | GX    | Courtney |
| Les Mills - CORE     | 8:15  | 45   | GX    | Joanna   |
| Kettlebells          | 9:15  | 45   | GX    | Laura    |
| Zumba GOLD           | 11:00 | 45   | GX    | Lisa     |
| Afternoon            | Start | Time | Room  | Led By   |
| Les Mills - RPM      | 5:30  | 45   | Cycle | Paula    |
| Les Mills - BODYPUMP | 5:30  | 45   | GX    | Clayton  |
| Zumba                | 6:30  | 60   | GX    | Tammie   |

## Wednesday

| Morning                    | Start | Time | Room  | Led By  |
|----------------------------|-------|------|-------|---------|
| Cycle                      | 6:15  | 45   | Cycle | Rebecca |
| Total Strength + Intervals | 8:00  | 45   | GX    | Leslie  |
| Les Mills - BODYPUMP       | 9:00  | 60   | GX    | Karen   |
| Yogilates                  | 10:15 | 60   | GX    | Sandra  |
| Afternoon                  | Start | Time | Room  | Led By  |
| Kettlebells                | 5:00  | 45   | GX    | Joanna  |
| Les Mills - BODYPUMP       | 6:15  | 60   | GX    | Jaylen  |

## Thursday

| Morning              | Start | Time | Room  | Led By   |
|----------------------|-------|------|-------|----------|
| Total Strength Plus  | 5:15  | 45   | GX    | Courtney |
| Strength & Stability | 8:15  | 45   | GX    | Joanna   |
| Kettlebells          | 9:15  | 45   | GX    | Laura    |
| Beats/Fluidity       | 10:15 | 45   | GX    | Christy  |
| Cardio Dance Fitness | 11:15 | 45   | GX    | Christy  |
| Afternoon            | Start | Time | Room  | Led By   |
| Les Mills - RPM      | 5:30  | 45   | Cycle | Paula    |
| Les Mills - BODYPUMP | 5:30  | 45   | GX    | Tonia    |
| Zumba                | 6:30  | 60   | GX    | Glendora |

## Friday

| Morning                    | Start | Time | Room  | Led By    |
|----------------------------|-------|------|-------|-----------|
| Kettlebells                | 5:15  | 45   | GX    | Amy       |
| Les Mills - BODYPUMP       | 8:00  | 60   | GX    | Laura     |
| Cycle                      | 9:15  | 45   | Cycle | Julie     |
| Total Strength + Intervals | 9:00  | 45   | GX    | Leslie    |
| Senior Fit                 | 10:30 | 45   | GX    | Sandra S. |
| Vinyasa Flow Yoga          | 11:30 | 60   | GX    | Erica     |

## Saturday

| Morning              | Start | Time | Room  | Led By   |
|----------------------|-------|------|-------|----------|
| Les Mills - RPM      | 8:30  | 45   | Cycle | Paula    |
| Les Mills - BODYPUMP | 9:30  | 45   | GX    | Rotation |

## Sunday

| Afternoon | Start | Time | Room | Led By   |
|-----------|-------|------|------|----------|
| Zumba     | 2:30  | 60   | GX   | Rotation |

SATURDAY, OCTOBER 19

# PUMPKIN RUN

- 5K RUN OR WALK
- KIDS FUN RUN
- COSTUME CONTEST





# CLASS DESCRIPTIONS

## GETTING HEALTHY TOGETHER

All fitness classes are free for YMCA of Columbia Members. Guests may attend fitness classes once for free. Each additional visit is subject to the \$12 guest fee.

### ACTIVE OLDER ADULTS

Move to music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing, and balls offered for resistance. A chair is used for support.

### CARDIO JAM/BEATS

Full body aerobic jam session that combines low resistance with stimulated drumming utilizing drum sticks and large yoga balls. Suitable for all fitness levels.

### CYCLE CORE FUSION

During this complete body workout, you'll spend 25 minutes doing cardio intensive cycle activity, followed by a 25 minute Core workout.

### KETTLEBELLS

Strength circuits using kettlebells for a variety of exercises. Strengthen and tone the body while developing endurance, dynamic flexibility, precision, and timing.

### LES MILLS BODYCOMBAT

A high-energy martial arts-inspired workout (non-contact). Punch and kick your way to getting fit, fast & strong.

### LES MILLS BODYPUMP

This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Great music, and your choice of weight inspire you to get the results you came for - fast.

### LES MILLS CORE

A core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support the core. Improve your balance, assist injury prevention and become better at everything you do!

### LES MILLS GRIT

This quick, 30-minute workout consists of high intensity bodyweight and equipment-based exercises to build some serious strength and take your cardio fitness to the next level.

### LES MILLS RPM

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session.

### PILATES

Body conditioning method that strengthens and tones the whole body with an emphasis on the abdominal and back muscles (core). Pilates exercises can improve posture and flexibility

### PWR PARKINSON'S

Parkinson's Well-ness Recovery is designed to empower people with Parkinson's disease to optimize their physical function and help the progression of symptoms. Please see Healthy Living Director for more info.

### TOTAL STRENGTH PLUS

Use a variety of equipment, such as dumbbells, barbells, stability balls, and resistance tubing to increase total body strength with incorporation of cardio work to increase heart rate.

### YOGA

Class focuses on increasing balance and flexibility through bodily postures and breathing exercises. Yoga classes also address and often relieve many common causes for back pain.

### YOGILATES

Yogilates is a hybrid workout that combines yoga and pilates - giving you the burn of high rep, low weight work and the mindful calm that comes from yoga.

### YOGA, VINYASA FLOW (ALL LEVELS)

"Vinyasa" means to move with breath. This style of yoga focuses on transitions and movements with less time spent in stationary poses while increasing balance and flexibility.

### ZUMBA

The Latin dance craze that is sweeping the nation! Class combines energy and motivating music with unique moves and easy to follow combinations that allow participants to dance away their calories and worries.