



# YMCA OF COLUMBIA DOWNTOWN YMCA

Fitness Planner  
**SEPTEMBER 2024**

## MONDAY

Morning	Start	Time	Room	Led By
HIIT	6:00	30	ST 1	Rotation
Active Older Adults	10:30	60	ST 1	Nancy M.
Les Mills BODYPUMP/CORE	12:00	45	ST 1	Donna
Yoga	12:00	45	ST 2	Sharon
Evening	Start	Time	Room	Led By
Les Mills BODYPUMP/CORE	5:30	60	ST 1	Randy/Nicky
Yoga	5:30	60	ST 2	Juliet
<b>NEW!</b> Pilates	6:30	60	ST 2	Melissa
Zumba	6:30	60	ST 1	Dionna

## TUESDAY

Morning	Start	Time	Room	Led By
Les Mills BODYPUMP	6:00	45	ST 1	Donna
Yoga	6:30	60	ST 2	Amy
Fitness for NeuroDiversity	9:00	45	ST 1	Nancy M.
HIIT Bootcamp	12:00	45	FUN	Ashley
Yoga	12:00	45	ST 2	Rachel-Elise
Evening	Start	Time	Room	Led By
Strengthen, Lengthen, Tone	5:30	45	ST 2	Mae
Les Mills BODYATTACK	5:30	45	ST 1	Linda
Zumba	6:30	60	ST 1	Rachel-Elise

## WEDNESDAY

Morning	Start	Time	Room	Led By
HIIT Boot Camp	6:00	45	FUN	Carleen
Active Older Adults	10:30	60	ST 1	Lisa
Total Strength + Core	12:00	45	ST 1	Rotation
Evening	Start	Time	Room	Led By
Les Mills BODYPUMP/CORE	5:30	60	ST 1	Randy
Yoga	5:30	60	ST 2	Nina
Zumba	6:30	60	ST 1	Dionna

## THURSDAY

Morning	Start	Time	Room	Led By
Yoga	6:30	60	ST 2	Amy
Les Mills BODYPUMP	6:00	45	ST 1	Ella
Fitness for NeuroDiversity	9:00	45	ST 1	Nancy M.
Total Strength + Core	12:00	45	ST 1	Nancy
Yoga	12:00	45	ST 2	Rachel-Elise
Evening	Start	Time	Room	Led By
Les Mills BODYCOMBAT	5:30	45	ST 1	Donna
Pilates	5:30	60	ST 2	Melissa
Zumba	6:30	60	ST 1	Rachel-Elise

## FRIDAY

Morning	Start	Time	Room	Led By
Les Mills GRIT	6:00	30	ST 1	Iliia
Active Older Adults	10:30	60	ST 1	Nancy M.
Core & Restore	12:15	45	ST 2	Mae
Evening	Start	Time	Room	Led By
Les Mills BODYPUMP	5:30	60	ST 1	Melissa

## SATURDAY

Morning	Start	Time	Room	Led By
Les Mills GRIT	8:30	30	ST 1	Rotation
Les Mills BODYCOMBAT	9:00	60	ST 1	Rotation
Power Yoga	9:30	60	ST 2	Allison
Les Mills BODY PUMP	10:15	60	ST 1	Rotation

## SUNDAY - POP UP - SEPT. 15

Sunday Pop-Up Class Occurs Once a Month

Les Mills CORE | 1:15 | ST 1 | Randy

Les Mills BODYATTACK | 2:00 | ST 1 | Linda

S1 - Studio 1 (Large Group Ex) | S2 - Studio 2 (Spirit, Mind, Body) | FUN - Functional Fitness Room



# REMEMBER 9/11 STAIR CLIMB CHALLENGE

During the month of September, we challenge you to climb 110 stories, 2,071 steps, as a tribute to the 343 Firefighters, 63 Police Officers, and 8 Emergency Medical Personnel who lost their lives.





# GROUP FITNESS CLASS DESCRIPTIONS

## GETTING HEALTHY TOGETHER

All fitness classes are free for Downtown YMCA 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 with handles, and balls offered for resistance. A chair is used for support.

### CORE & RESTORE

Restore and lengthen tight muscles while strengthening your core. This class is designed to help your body function and recover better.

### FITNESS FOR NEURODIVERSITY

Repetitive training of 4 foundational skills that underlie everyday function that become impaired in Parkinson's Disease. High effort for bigger and faster movements with focus on how it feels. Adult with medical clearance and adequate mobility or someone available to assist.

### HIIT BOOT CAMP

High-intensity interval training consisting of intense bursts of exercise, followed by short recovery periods. This full body workout builds cardiovascular fitness while improving muscular strength and endurance.

### LES MILLS BODYCOMBAT

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

### LES MILLS BODYPUMP

This 60-minute 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 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.

### 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

### TOTAL STRENGTH PLUS

Use a variety of equipment, such as dumbbells, barbells, stability balls, and resistance tubing while working on high-energy music 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.

### 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.