



# YMCA OF COLUMBIA ORANGEBURG COUNTY YMCA

Fitness Planner  
DECEMBER 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
Cycle	5:30	55 Min	Cyce	Matt
Les Mills CORE/Cardio	5:30	55 min	GX	John Mark

## 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
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
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 Body Strength	5:30	55 min	GX	Cindy
Cycle	6:15	55 min	Cycle	Madison

## Friday

MORNING	Start	Time	Room	Led By
Cycle	5:30	55 min	Cycle	Matt
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	**
Yoga	10:30	55 min	GX	Gyptsie

# JOIN OUR 12 DAYS OF FITNESS CHALLENGE!

Visit us between Dec. 1-31 for a chance to win! Pick up a punch card at our front desk. Each time you visit during this period, you'll receive a punch on your card. Once you've collected 12 punches, drop your card into the drawing for a chance to win exciting prizes.

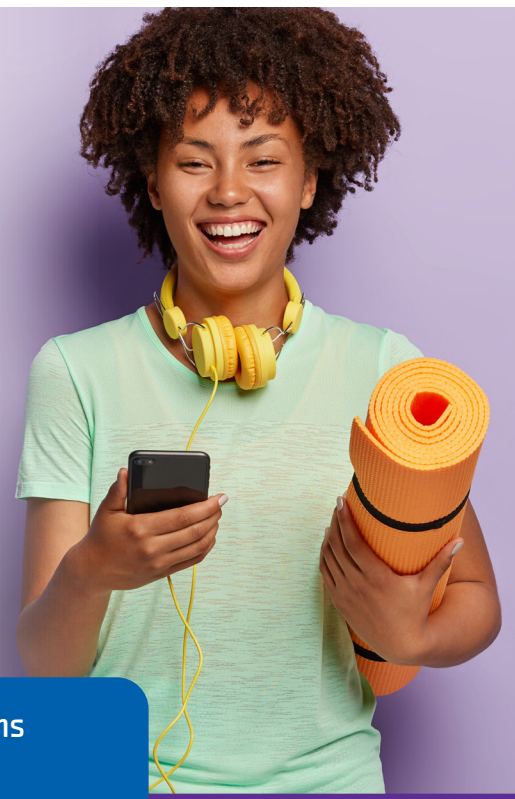




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JOIN OUR COMMUNITY

## ORANGEBURG COUNTY YMCA



The **Orangeburg County YMCA** has a wide variety of programs for people of all ages and interests. The facility features a waterpark, natatorium, therapeutic pool, large fitness center, gymnasium, child watch, and many great programs!

### OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

### AMENITIES

- » Group Exercise Classes
- » Active Older Adults
- » Cardio & Weights
- » Cycle Studio
- » Indoor Pool
- » Therapy Pool
- » Waterpark
- » Family Programs
- » Child Watch

### HOURS

- » Monday–Thursday: 5 am – 9 pm
- » Friday: 5 am – 8 pm
- » Saturday: 8 am – 6 pm
- » Sunday: 1 – 5:30 pm

### CHILDWATCH

**Ages 8 weeks to 9 years**

- » Monday/Wednesday/Friday: 9:00 – 11:00 am
- » Monday – Thursday: 5:00 – 8:00 pm

### CONTACT US

2550 St. Matthews Road, Orangeburg, SC 29118  
803.268.9622 | [columbiaymca.org](http://columbiaymca.org)



### MEMBERSHIP RATES

Membership Type	Monthly Rate
<b>Orangeburg County YMCA Only</b>	
Family (2 or more)*	\$57.00
Adult (Age 21 & Up)	\$39.00
Young Adult (Age 15–20)	\$23.00
<b>YMCA of Columbia Community Wide Membership</b>	
Family (2 or more)*	\$80.00
Adult (Age 21 & Up)	\$54.00
Young Adult (Age 15–20)	\$36.00

\* Must reside in the same household.