



YMCA OF COLUMBIA ORANGEBURG COUNTY YMCA

Fitness Planner
NOVEMBER 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
Cycle	12:00	55 min	Cycle	Dhaya
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
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
Cycle	12:00	55 min	Cycle	Dhaya

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

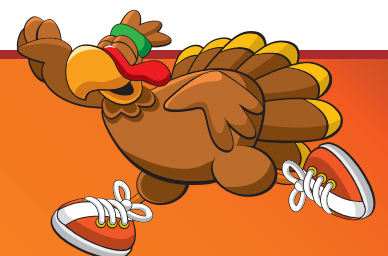
Friday

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

CLOSED THANKSGIVING DAY - THURSDAY, NOV. 28th.

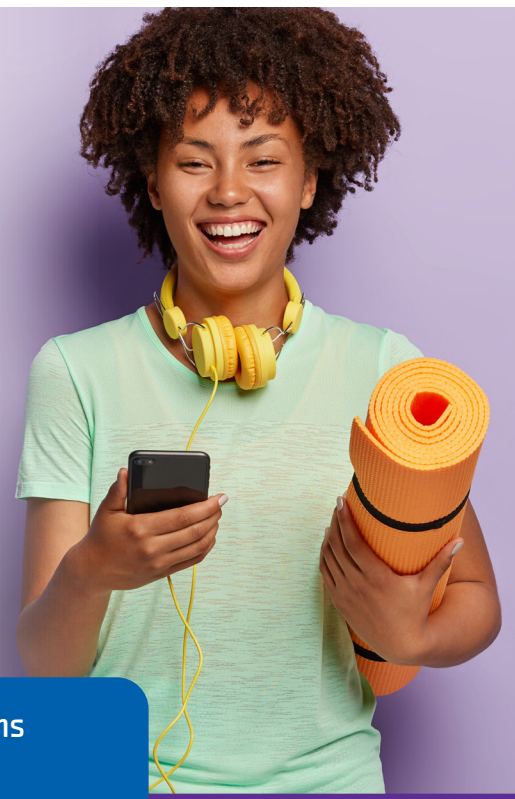




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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



MEMBERSHIP RATES

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