

# YMCA OF COLUMBIA ORANGEBURG COUNTY YMCA

# Fitness Planner JANUARY 2025

## **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	сом	Gyptsie
Zumba	10:00	55 min	GX	Gyptsie
Strength & Stretching	11:00	55 min	GX	PJ
AFTERNOON	Start	Time	Room	Led By
Spin	12:00	55 min	Cycle	Dhaya
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	сом	Summer
Floor Fusion	10:00	55 min	СОМ	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	СОМ	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
Spin	12:00	55 min	Cycle	Dhaya
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	СОМ	Summer
Floor Fusion	10:00	55 min	СОМ	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	СОМ	Gyptsie
Zumba	10:00	55 min	GX	Gyptsie
Strength & Stretching*	11:00	55 min	GX	PJ

<sup>\*</sup>Offered the 2nd and 4th Friday of each month (January 10 and 24).

## 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



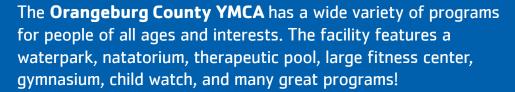
## **JOIN OUR LES MILLS LAUNCH**

**Get ready to sweat and celebrate on January 25th!** Plus, **bring a friend for FREE** to any Group Ex class all week – the perfect way to kickstart your fitness journey together!



# JOIN OUR COMMUNITY

**ORANGEBURG COUNTY YMCA** 





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	Monthy Rat
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)*	\$82.00
Adult (Age 21 & Up)	\$56.00
Young Adult (Age 15-20)	\$38.00

\* Must reside in the same household.