



**MONDAY**

Morning	Start	Time	Room	Led By
Functional Fitness	5:30	45	FTC	Q
Les Mills BODYPUMP	8:30	60	GX	Audrey
Barre	8:30	60	SMB	Pam
Aqua Fit	9:00	60	Pool	Carla/Joyce
Cardio Core	9:30	45	GX	Liz
Pilates	9:30	55	SMB	Trish
Cycle	9:30	60	Cycle	Tonya
Zumba	10:30	60	GX	Stacey
Line Dance	11:30	60	Gym	Stacey
AOA Yoga	11:30	60	GX	Carrie
Afternoon	Start	Time	Room	Led By
Hip Hop Cycle	5:30	45	Cycle	Keneshia
Total Strength Plus	5:30	45	SMB	J'Aimee
Les Mills RPM / Cycle	6:30	45	Cycle	Rotation
Yoga	6:30	60	SMB	Carrie
Cardio X	6:30	60	GX	Crystal

**TUESDAY**

Morning	Start	Time	Room	Led By
Les Mills BODYPUMP	5:30	60	GX	Trina
Yogalates	8:30	60	SMB	Trish
Aqua Fit	9:00	60	Pool	Joyce
Zumba	9:30	60	GX	Stacey
HIIT	9:30	45	SMB	Liz
Deep Water	10:00	60	Pool	Joyce
Move & Groove	10:30	60	Gym	Stacey
Total Strength	10:30	45	GX	Liz
AOA Circuit	11:30	60	GX	Stacey
Afternoon	Start	Time	Room	Led By
Les Mills BODYPUMP	5:30	60	GX	Melissa
PiYo	5:30	60	SMB	Barbara
Thai Chi** (\$10 Month)	6:30	60	SMB	Geoff
AquaFit	6:30	60	Pool	SaBrina
Zumba	6:30	60	GX	Gladys
Functional Fitness	6:30	45	FTC	Kirsten

**WEDNESDAY**

Morning	Start	Time	Room	Led By
Functional Fitness	5:30	60	FTC	Christopher
Cycle	5:30	45	Cycle	Trina
Les Mills BODYPUMP	8:30	60	GX	Audrey
Barre	8:30	45	SMB	Liz
Aqua Fit	9:00	60	Pool	Joyce
Yoga	9:30	45	SMB	Carrie
Cycle	9:30	45	Cycle	Tonya
Below Belt/ Above Waist	9:30	60	GX	Liz
Deep Water	10:00	60	Pool	Joyce
Dance Fit	10:30	60	GX	Stacey
Pedaling for Parkinson's	10:30	60	Cycle	Tonya
AOA Circuit*	11:30	60	GX	Stacey

**WEDNESDAY, Con't**

Afternoon	Start	Time	Room	Led By
Les Mills BODY STEP	5:30	45	GX	Chris/John
Cycle Fusion	6:30	60	Cycle	SaBrina
Barrelates	6:30	45	SMB	J'Aimee
MixedFit	6:30	60	GX	Erica

**THURSDAY**

Morning	Start	Time	Room	Led By
Les Mills BODYPUMP/CORE	5:30	30/30	GX	Trina
Total Body HIIT/Sculpt	8:30	45	GX	Liz
Aqua Fit	9:00	60	Pool	Joyce
Zumba	9:30	60	GX	Stacey
B'HIIT	9:30	60	SMB	Pam
Deep Water	10:00	60	Pool	Joyce
Move & Groove	10:30	60	Gym	Stacey
Total Strength	10:30	45	GX	Liz
PWR - Parkinson's	11:30	60	GX	Rhonda
Afternoon	Start	Time	Room	Led By
Les Mills BODYPUMP	5:30	60	GX	Chris/John
Thai Chi** (\$10 Month)	6:00	60	SMB	Geoff
Cycle fusion	6:30	60	Cycle	Jaimee
AquaFit	6:30	60	Pool	SaBrina
Zumba	6:30	60	GX	Dionna
Functional Fitness	6:30	60	FTC	Rotation

**FRIDAY**

Morning	Start	Time	Room	Led By
Functional Fitness	5:30	45	FTC	Rotation
Les Mills BODYPUMP	8:30	60	GX	Kristi
Bosu Blast	8:30	45	SMB	Liz
Aqua Fit	9:00	60	Pool	Carla
Hip Hop Cycle	9:30	60	Cycle	Keneshia
Pilates	9:30	55	GX	Trish
Dance Fit	10:30	60	GX	Stacey
Yoga	10:30	45	SMB	Carrie
AOA Chair Yoga	11:30	60	GX	Carrie

**SATURDAY**

Morning	Start	Time	Room	Led By
Water Aerobics	8:15	60	Pool	Rotation
B'HIIT	8:30	45	GX	Pam
Functional Fitness	8:30	60	FTC	Rotation
Cycle/Les Mills RPM	8:30	45	Cycle	Rotation
PiYo	9:30	60	SMB	Barbara
Les Mills BODYPUMP	9:45	60	GX	Rotation

**SUNDAY**

Afternoon	Start	Time	Room	Led By
Barre	2:30	60	GX	Pam

**SUNDAY - POP UPS**

MARCH 2: Total Strength with J'aimee at 3:30 pm
MARCH 16: BODYPUMP/CORE with Randy at 3:30 pm
MARCH 30: Total Strength with J'aimee at 3:30 pm



# 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.

**ABOVE THE WAIST:** This upper body workout strengthens and defines your arms and shoulders for a toned and sculpted look.

**ACTIVE OLDER ADULTS:** Chair-based exercises with weights, tubing, & balls for daily activities.

**AQUA CIRCUIT:** Unleash your inner athlete in a high-intensity water workout designed to maximize calorie burn. Gear included.

**AQUA FIT:** Move & groove in the shallow end with marches, jogs, and dance moves. Build endurance, flexibility, and burn calories with water resistance.

**BARRE:** Sculpt & Strengthen with ballet-inspired movements. Low-impact, high-burn workout targets muscles with controlled motions.

**BARRELATES:** A fusion style workout blending pilates, barre and yoga techniques.

**BOSU BLAST:** This dynamic class uses the Bosu ball to sculpt your core, improve balance, and build total-body strength.

**BELOW THE WAIST:** This class targets glutes, quads, hamstrings, and core to tone and strengthen your legs and backside.

**CARDIO CORE:** Workout for the full body that combines cardio intervals, weight lifting and core training.

**CORE BURN:** Combines core, abs and back strength training with cardio intervals to reduce belly fat and strengthen core.

**CYCLE:** This high-energy indoor cycling class pushes you with hills, sprints, and more. Leave feeling energized!

**CYCLE FUSION:** This interval class combines cycling bursts with strength training for a full-body workout.

**DANCE FIT:** Get your groove on in this high intensity cardio class. Experience a mix of dance styles while improving your fitness.

**DEEP WATER AEROBICS:** Powerful moves in deep water with flotation devices maximize calorie burn & improve strength, cardio, & flexibility.

**FUNCTIONAL FITNESS:** Build real-world strength with functional exercises that mimic everyday movements. Improve balance, coordination, and power.

**HIIT:** High-intensity interval training consisting of intense burst of exercise followed by short recovery periods.

**LES MILLS BODYCOMBAT:** A high-energy martial arts-inspired workout. 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.

**LES MILLS BODY STEP:** Combines energetic stepping with squats, lunges, and core work for a fun and full-body workout. All levels welcome!

**LES MILLS CORE:** A core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support the core.

**LES MILLS GRIT:** This quick, 30-minute workout consists of high intensity bodyweight and equipment-based exercises to build strength and take your cardio fitness to the next level.

**LES MILLS RPM:** 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.

**MIXED FIT:** Combines fun choreography and high-energy music for a workout that's as fun as it is effective. No experience needed!

**MOVE AND GROOVE:** Low-Impact Fun! Get moving with moderate cardio & easy-to-follow routines. Ideal for beginners or regaining fitness after injury.

**PILATES:** Strengthen & tone your whole body with a focus on core muscles. Improve posture & flexibility for a stronger, more balanced you.

**PIYO:** Sculpt and stretch your entire body with PIYO. This unique blend of Pilates and yoga improves strength, flexibility, and core stability.

**PARKINSON'S:** Designed to empower people with Parkinson's disease to optimize their physical function and help the progression of symptoms.

**TOTAL STRENGTH:** Uses dumbbells, barbells, stability balls, and resistance bands to target all major muscle groups. No cardio, pure strength focus. Modifications available for all fitness levels.

**TOTAL STRENGTH PLUS:** Sculpt muscle & torch calories with weights, tubing, balls & cardio bursts. All-in-one workout for a stronger, fitter you.

**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.

**YOGALATES:** This fusion class blends yoga poses with Pilates exercises to tone muscles, increase flexibility, and boost mindfulness.

**ZUMBA:** Dance to the beat in this high-energy class that blends Latin rhythms with fun choreography. All levels welcome, come ready to move!

**ZUMBA STRONG** - Combines bodyweight exercises with powerful music for a calorie-blasting, muscle-building workout.