



**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
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	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
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	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
Strength & Stretching*	11:00	55 min	GX	PJ

\*Offered the 2nd and 4th Friday of each month (March 8 and 22).

**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	
Zumba	10:30	55 min	GX	Gyptsie
Yoga	11:30	55 min	GX	Gyptsie



**SIP & CREATE: A MOTHER-DAUGHTER TEA & ART EXPERIENCE**

Join us on **Saturday, March 22, 2025**, from 10:00 AM to 12:00 PM for a special Mother and Daughter Tea & Art event hosted by Mrs. Shannon, MAAT, ATR-P.

Enjoy a creative and memorable experience as you design your own Tea Party hat and paint a planter cup and saucer. After decorating, choose from a selection of herbs or flowers to fill your planter. Light refreshments and tea will be served throughout the event.

**COST:** \$5 members, \$10 nonmembers



**LEARN MORE!**



# CLASS DESCRIPTIONS

## GETTING HEALTHY TOGETHER

**HEALTHY LIVING DIRECTOR:** Katelyn Diedloff [katelyndiedloff@columbiaymca.org](mailto:katelyndiedloff@columbiaymca.org)

**All fitness classes are free for Orangeburg County YMCA Members. Guests may attend fitness classes once for free. Each additional visit is subject to the \$10 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, and balls offered for resistance. A chair is used for support.

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

**FLOOR FUSION:** Class focuses on increasing balance and flexibility through bodily postures and breathing exercises. Also addresses and often relieves many common causes for back pain.

**KETTLEBELLS:** Strength circuits using kettlebells for a variety of exercises. Strengthen and tone the body while developing endurance, dynamic flexibility, precision, and timing.

**LES MILLS BODYPUMP:** This 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 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 body-weight and equipment-based exercises to build some serious strength and take your cardio fitness to the next level.

**LES MILLS RPM:** RPM™ is 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.

**LINE DANCE:** Learn and enjoy easy-to-follow line dances! Our instructor will guide you through a variety of line dance routines—some familiar, some new—making it fun and accessible for all skill levels.

**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

**STEP & SCULPT:** Cardio class that includes toning exercises & strength training to get your heart pumping. Stepping involves a platform of various heights upon which participants learn a variety of step patterns.

**STRENGTHEN, LENGTHEN, TONE:** A full-body workout combining Pilates, barre, and strength training to build muscle, improve flexibility, and enhance posture.

This low-impact class sculpts and tones through controlled movements and resistance exercises, perfect for all fitness levels.

**TOTAL BODY STRENGTH:** Use a variety of equipment, such as dumbbells, barbells, stability balls, and resistance tubing to increase total body strength with incorporation of cardio work to increase heart rate.

**WATER AEROBICS:** Calisthenics style movements with variation of upper and lower body resistive moves. Participants march, jog, dance, and ski through the water to create resistance and improve cardiovascular fitness, muscular endurance, and flexibility.

**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:** This Latin Dance Class combines energy and motivating music with unique moves and easy to follow combinations that allow participants to dance away their calories and worries.

## PERSONAL TRAINING

Every one of our **nationally certified personal trainers** is dedicated to providing you with the support and tools you need to enhance your health, your fitness and your life.

Package	Personal Training 1:1		Buddy Training 2:1
	30-Minutes	60-Minutes	60-Minutes
1 Session	\$26	\$45	12 Sessions \$250/member
4 Sessions	\$85	\$155	
8 Sessions	\$145	\$285	
12 Sessions	\$215	\$399	