



YMCA OF COLUMBIA JEEP ROGERS FAMILY YMCA

Fitness Planner
MAY 2025

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 | Kenesha |
| 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 |
| Senior Fit | 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 |
| 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 |
| Aqua Fit | 10:00 | 60 | Pool | Carla |
| Deep Water | 10:00 | 60 | Pool | Joyce |
| Dance Fit | 10:30 | 60 | GX | Stacey |
| Senior Fit | 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 | Carrie |
| Afternoon | Start | Time | Room | Led By |
| Les Mills BODYPUMP | 5:30 | 60 | GX | Chris/John |
| AquaFit | 6:30 | 60 | Pool | SaBrina |
| Zumba | 6:30 | 60 | GX | Dionna |
| Functional Fitness | 6:30 | 60 | FTC | Kelly |

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 | Kenesha |
| 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 |
|---------------------|-------|------|-------|----------|
| 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 UP

May 11 | Les Mills BODYPUMP/CORE | 3:30 PM | Randy



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.