



YMCA OF COLUMBIA ORANGEBURG COUNTY YMCA

Fitness Planner
JUNE 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 | 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 | Cycle | 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 (June 13 and 27).

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

2025 WATERPARK SCHEDULE

ORANGEBURG AQUATICS PARK

Opening Day: May 24th
Days: Thursday & Saturdays
Hours: 11:00 am to 7:00 pm

SANTEE WATER PARK

Opening Day: May 25th
Days: Fridays and Sundays
Hours: 11:00 am to 7:00 pm

columbiaymca.org/schedules



CLASS DESCRIPTIONS

GETTING HEALTHY TOGETHER

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 | |