BALLENTINE YMCA
FITNESS PLANNER

NOVEMBER 2026

Monday

Morning	Start	Time	Room	Led By
Cycle Core Fusion	5:15	50	Cycle	Jennifer
Les Mills - BODYPUMP	8:00	60	GX	Karen
Les Mills - CORE	9:15	45	GX	Karen
Yoga	10:30	60	GX	Dianne
Afternoon	**Start**	**Time**	**Room**	**Led By**
Active Older Adult - Cycle	12:00	60	Cycle	Frank
Les Mills - BODYPUMP	6:15	60	GX	Jaylen

Tuesday

Morning	Start	Time	Room	Led By
Total Strength Plus	5:15	45	GX	Courtney
Les Mills - CORE	8:15	45	GX	Virtual
Total Strength + Circuit	9:15	60	GX	Laura
Zumba GOLD	11:00	45	GX	Lisa
Afternoon	**Start**	**Time**	**Room**	**Led By**
Les Mills - RPM	5:30	45	Cycle	Paula
Les Mills - BODYPUMP	5:30	45	GX	Clayton
Zumba	6:30	60	GX	Tammie

Wednesday

Morning	Start	Time	Room	Led By
Cycle	6:15	45	Cycle	Rebecca
Total Strength + Intervals	8:00	45	GX	Leslie
Les Mills - BODYPUMP	9:00	60	GX	Karen
Yogilates	10:15	60	GX	Sandra
Qigong	11:30	60	GX	Lee
Afternoon	**Start**	**Time**	**Room**	**Led By**
Cycle	5:00	45	Cycle	David
Les Mills - BODYPUMP	6:15	60	GX	Jaylen

Thursday

Morning	Start	Time	Room	Led By
Total Strength Plus	5:15	45	GX	Courtney
Strength & Stability	8:15	45	GX	Christine
Kettlebells/Circuit	9:15	45	GX	Laura
Beats	10:15	45	GX	Christy
Cardio Dance Fitness	11:15	45	GX	Christy
Afternoon	**Start**	**Time**	**Room**	**Led By**
Les Mills - RPM	5:30	45	Cycle	Paula
Les Mills - BODYPUMP	5:30	45	GX	Tonia
Zumba	6:30	60	GX	Glendora

Friday

Morning	Start	Time	Room	Led By
Kettlebells	5:15	45	GX	Amy
Les Mills - BODYPUMP	7:45	60	GX	Christine
Cycle	9:00	45	Cycle	Kelly
Total Strength + Intervals	9:00	45	GX	Leslie
Senior Fit	10:30	45	GX	Sandra S.
Vinyasa Flow Yoga	11:30	60	GX	Erica

Saturday

Morning	Start	Time	Room	Led By
Les Mills - RPM	8:30	45	Cycle	Paula
Les Mills - BODYPUMP	9:30	60	GX	Rotation
Line Dance (Nov. 7, 21, 28)	10:45	60	GX	Maria

Sunday

Afternoon	Start	Time	Room	Led By
Zumba	2:30	60	GX	Rotation

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LIVESTRONG®

AT THE YMCA

FREE 12 WEEK PROGRAM FOR CANCER SURVIVORS

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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.

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.

CARDIO JAM/BEATS
Full body aerobic jam session that combines low resistance with stimulated drumming utilizing drum sticks and large yoga balls. Suitable for all fitness levels.

CYCLE CORE FUSION
During this complete body workout, you'll spend 25 minutes doing cardio intensive cycle activity, followed by a 25 minute Core workout.

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 BODYCOMBAT
A high-energy martial arts-inspired workout (non-contact). 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. 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. Improve you balance, assist injury prevention and become better at everything you do!

LES MILLS GRIT
This quick, 30-minute workout consists of high intensity bodyweight 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.

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

PWR PARKINSON'S
Parkinson's Well-ness Recovery is designed to empower people with Parkinson's disease to opt- imize their physical function and help the progression of symptoms. Please see Healthy Living Director for more info.

QIGONG (ALL LEVELS)
An ancient Chinese practice that cultivates and balances energy through a combination of mindful movement, breathwork, and focused intention.

TOTAL STRENGTH PLUS
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.

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.

YOGILATES
Yogilates is a hybrid workout that combines yoga and pilates - giving you the burn of high rep, low weight work and the mindful calm that comes from yoga.

YOGA, VINYASA FLOW (ALL LEVELS)
This style of yoga focuses on transitions and movements with less time spent in stationary poses while increasing balance and flexibility.

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.

HEALTHY LIVING DIRECTOR: Laura Shand, laurashand@columbiaymca.org

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