CHAPIN YMCA
FITNESS PLANNER

NOVEMBER 2026

Monday

Morning	Start	Time	Room	Led By
Pilates	8:00	60	GX	Savannah
Les Mills - BODYPUMP	9:45	45	GX	Christine
AOA - Strength/Cardio	10:45	60	GX	Melody
Evening	**Start**	**Time**	**Room**	**Led By**
Functional Strength Plus	4:30	60	FF	Rotation
Yoga	6:00	60	GX	Bobbi

Tuesday

Morning	Start	Time	Room	Led By
Functional Strength Plus	5:30	45	FF	Tom
Les Mills - BODYPUMP	8:00	60	GX	Marsha
Yoga Plus	9:30	60	GX	Dianne
AOA - Chair Yoga	10:45	45	GX	Dianne
Evening	**Start**	**Time**	**Room**	**Led By**
Pilates	4:15	60	GX	Bridget
Zumba	6:30	60	GX	LaMar

Wednesday

Morning	Start	Time	Room	Led By
Les Mills - BODYPUMP	5:30	60	GX	Lloyd
Pilates	8:00	60	GX	Savannah
Total Strength Plus	9:30	45	GX	Kate
AOA - Chair Pilates	10:45	45	GX	Bridget
Evening	**Start**	**Time**	**Room**	**Led By**
Functional Strength Plus	4:30	60	FF	Rotation
Pilates	5:45	60	GX	Sarah

Thursday

Morning	Start	Time	Room	Led By
Functional Strength Plus	5:30	45	FF	Tom
Les Mills - BODYPUMP	8:00	60	GX	Marsha
Yoga	9:30	60	GX	Stephanie
AOA - Chair Yoga	10:45	45	GX	Stephanie
Evening	**Start**	**Time**	**Room**	**Led By**
Yoga	4:15	60	GX	Mike
Zumba	6:30	60	GX	Katrina

Friday

Morning	Start	Time	Room	Led By
Les Mills - BODYPUMP	5:30	60	GX	Lloyd
Vinyasa Yoga	8:15	60	GX	Stephanie
Functional Strength Plus	9:30	45	FF	Kate
Barre	9:30	60	GX	Savannah
AOA	10:45	45	GX	Rotation
Evening	**Start**	**Time**	**Room**	**Led By**
Functional Strength Plus	4:30	60	FF	Rotation

Saturday

Morning	Start	Time	Room	Led By
Functional Strength Plus	9:30	60	FF	Rotation
Zumba	10:30	60	GX	LaMar

Sunday

Afternoon	Start	Time	Room	Led By
Pilates	3:30	60	GX	Savannah

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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 (AOA) –STRENGTH/CARDIO
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.

AOA CHAIR PILATES
A gentle, low-impact class using seated and supported movements to improve core strength, balance, flexibility and posture without floor work.

AOA CHAIR YOGA
A gentle, chair-based yoga class designed for active older adults to improve flexibility, balance, strength and mobility through seated and supported movements.

CHAIRONE
A fun, chair-based fitness class featuring seated movement and upbeat music to help improve cardiovascular health, strength, balance, flexibility and coordination.

FUNTIONAL STRENGTH PLUS
A high-energy, full-body group workout designed to build practical strength, agility, and endurance for real-life movement. Using timed interval stations or repetition-based work outs, this class combines bodyweight exercises, free weights, kettlebells, and cardio bursts to target every major muscle group while improving core stability and mobility.

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.

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

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.

VINYASA YOGA
A dynamic yoga class that links breath with flowing movements to help improve strength, flexibility, balance and body awareness.

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.

YOGA PLUS
Enjoy a well-rounded mind-body experience that combines yoga with breathwork, Qi Gong meditation, sound healing, and other restorative practices. Improve flexibility, balance, strength, and relaxation while nurturing overall wellness. Suitable for all levels.

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	

HEALTHY LIVING DIRECTOR: Kate Yutuc, kateyutuc@columbiaymca.org

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