DOWNTOWN YMCA
FITNESS PLANNER

NOVEMBER 2026

MONDAY

Morning	Start	Time	Room	Led By
HIIT	6:00	30	ST 1	Rotation
Les Mills CORE	7:00	60	ST 2	VIRTUAL
Active Older Adults	10:30	60	ST 1	Nancy M.
Les Mills BODYPUMP/CORE	12:00	45	ST 1	Donna
Yoga	12:00	45	ST 2	Sharon
Evening	**Start**	**Time**	**Room**	**Led By**
Les Mills BODYPUMP/CORE	5:30	60	ST 1	Randy
Yoga	5:30	60	ST 2	Taren
Zumba	6:30	60	ST 1	Dionna

TUESDAY

Morning	Start	Time	Room	Led By
Les Mills BODYPUMP	6:00	45	ST 1	Donna
Parkinson's + Movement Disorders	9:30	45	ST 1	Nancy M.
HIIT Bootcamp*	12:00	45	FUN	Justin
Yoga	12:00	45	ST 2	Rachel-Elise
Evening	**Start**	**Time**	**Room**	**Led By**
Les Mills BODY BALANCE	4:15	45	ST 2	VIRTUAL
Strengthen, Lengthen, Tone	5:30	45	ST 2	Mae
Les Mills BODYATTACK	5:30	45	ST 1	Linda
Zumba Tone	6:30	60	ST 1	Rachel-Elise

WEDNESDAY

Morning	Start	Time	Room	Led By
HIIT Boot Camp	6:00	45	FUN	Carleen
Les Mills BODYATTACK	7:00	60	ST 2	VIRTUAL
Active Older Adults	10:30	60	ST 1	Lisa
Total Strength + Core	12:00	45	ST 1	Meredith
Vinyasa Flow Yoga	12:00	45	ST 2	Carmil
Evening	**Start**	**Time**	**Room**	**Led By**
Les Mills BODYPUMP/CORE	5:30	60	ST 1	Randy
Yoga	5:30	60	ST 2	Nina
Zumba	6:30	60	ST 1	Rachel-Elise

THURSDAY

Morning	Start	Time	Room	Led By
Les Mills BODYPUMP	6:00	45	ST 1	Ellen
Parkinson's + Movement Disorders	9:30	45	ST 1	Nancy M.
Total Strength + Core	12:00	45	ST 1	Nancy
Yoga	12:00	45	ST 2	Rachel-Elise
Evening	**Start**	**Time**	**Room**	**Led By**
Les Mills BODYCOMBAT	5:30	45	ST 1	Donna
Pilates	5:30	60	ST 2	Melissa
Dance Fitness	6:30	60	ST 1	Jade

FRIDAY

Morning	Start	Time	Room	Led By
Les Mills BODY BALANCE	7:00	60	ST 2	VIRTUAL
Active Older Adults	10:30	60	ST 1	Carleen
Core & Restore	12:15	45	ST 2	Mae
Evening	**Start**	**Time**	**Room**	**Led By**
Les Mills BODYPUMP	5:30	60	ST 1	Melissa

SATURDAY

Morning	Start	Time	Room	Led By
Les Mills GRIT	8:30	30	ST 1	Rotation
Les Mills BODYCOMBAT	9:00	60	ST 1	Rotation
Power Yoga	9:30	60	ST 2	Allison
Les Mills BODY PUMP	10:15	60	ST 1	Rotation

SUNDAY – POP UP – NOV. 8

Sunday Pop-Up Class Occurs Once a Month

Les Mills CORE | 1:15-2:00 | ST 1 | Randy

Les Mills BODYATTACK | 2:00-2:45 | ST 1 | Linda

S1 - Large Group Ex | **S2** - Spirit, Mind, Body
FUN - Functional Fitness Room

columbiaymca.org/schedules



HOLIDAY SCHEDULE

NOV. 25:
No Group Ex classes

NOV. 26:
Closed. Happy Thanksgiving!

NOV. 27:
Turkey Burn
10:30 AM – Noon
Studio 1 | Donna

Regular classes canceled

NOV. 28:
Regular Schedule

NOV. 29:
Zen Yoga
3:00 PM | Studio 2 | Nina

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 with handles, and balls offered for resistance. A chair is used for support.

CORE & RESTORE
Restore and lengthen tight muscles while strengthening your core. This class is designed to help your body function and recover better.

DANCE FIT
Get your groove on in this high-intensity cardio class. Experience a mix of dance styles while improving your fitness. No dance experience is necessary, so come join and have fun!

HIIT BOOT CAMP
High-intensity interval training consisting of intense bursts of exercise, followed by short recovery periods. This full body workout builds cardiovascular fitness while improving muscular strength and endurance.

LES MILLS BODYATTACK
A high-energy fitness class with moves that cater for total beginners to total addicts. Combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

LES MILLS BODYBALANCE
A calming, yoga-inspired workout that combines elements of Tai Chi and Pilates to improve flexibility, strength, balance, and overall well-being.

LES MILLS BODYCOMBAT
A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to getting fit, fast & strong.

LES MILLS BODYPUMP
This 60-minute 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.

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 some serious strength and take your cardio fitness to the next level.

PARKINSON'S + MOVEMENT DISORDERS
A structured, instructor-led session designed specifically for people with Parkinson's disease or other movement disorders. These classes aim to improve mobility, balance, strength, flexibility, and coordination through the use of chair exercises, light weight resistance training, cardiovascular training and calisthenics. In this class you will use light weights, resistance bands, chairs, flexibility balls and other exercise modalities.

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.

POWER YOGA
A dynamic, fitness-focused yoga class that combines flowing movements, strength-building poses, and breathwork to improve flexibility, balance, endurance, and overall strength.

STRENGTHEN, LENGTHEN, TONE
A low-impact, full-body workout combining Pilates, barre, and strength training to sculpt and tone muscles, improve flexibility, and enhance posture through controlled movements and resistance exercises.

TOTAL STRENGTH PLUS CORE
Use a variety of equipment, such as dumbbells, barbells, stability balls, and resistance tubing while working on high-energy music to increase total body strength with incorporation of cardio work to increase heart rate.

VINYASA FLOW YOGA
"Vinyaya" means to move with breath. This style of yoga focuses on transitions and movements with less time spent in stationary poses while increasing balance 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
The Latin dance craze that is sweeping the nation! Class combines energy and motivating music with unique moves and easy to follow combinations that allow participants to dance away their calories and worries.

ZUMBA TONE
Combines upbeat Latin-inspired dance moves with lightweight resistance training to tone muscles, improve coordination, and build endurance in a fun, high-energy workout.

DOWNTOWN YMCA
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