NORTHWEST FAMILY YMCA
FITNESS PLANNER



NOVEMBER 2026

Monday

Morning	Start	Time	Room	Led By
Les Mills - BODYPUMP	8:00	60	GX	Amy T.
Deep Water Aerobics	9:00	45	Pool	Elise
Barre	9:00	45	SMB	Christy
Cycle	9:15	45	Cycle	Heather
Shallow Water Aerobics	10:00	45	Pool	Elise
AOA - Strength/Cardio	10:30	45	GX	Christy
AOA - Strength/Cardio	11:30	45	GX	Christy
Evening	**Start**	**Time**	**Room**	**Led By**
Les Mills - BODYCOMBAT	4:30	45	GX	Virtual
Zumba	5:30	45	GX	Harry
Vinyasa Flow Yoga	6:00	60	SMB	Taralee
Les Mills - BODYPUMP	6:30	60	GX	Marsha

Tuesday

Morning	Start	Time	Room	Led By
Total Strength Plus	6:00	45	GX	Jennifer
Les Mills - CORE	8:00	45	GX	Virtual
Deep Water Aerobics	9:00	45	Pool	Karen
Total Strength Plus	9:30	60	GX	Courtney
Shallow Water Aerobics*	10:00	45	Pool	Karen
Tai Chi	11:00	45	GX	Dr. Dee
Adaptive Fitness/Parkinsons	12:00	60	GX	Teresa
Evening	**Start**	**Time**	**Room**	**Led By**
Pilates	5:30	45	GX	Mel
Les Mills - RPM	6:00	45	Cycle	Frank
LIVESTRONG (Private Group) 6:30-8:00 PM in SMB				

Wednesday

Morning	Start	Time	Room	Led By
Les Mills - BODYPUMP	6:15	60	GX	Virtual
Pilates	8:15	45	GX	Mandy
Deep Water Aerobics	9:00	45	Pool	Frank
Yoga	9:30	60	GX	Dianne
Shallow Water Aerobics	10:00	45	Pool	Frank
AOA - Strength/Cardio	10:45	45	GX	Heather
Qigong	11:45	45	GX	Jimmy
Evening	**Start**	**Time**	**Room**	**Led By**
Les Mills - BODYCOMBAT	4:30	45	GX	Virtual
Les Mills - CORE	5:30	45	GX	Linda
Vinyasa Flow Yoga	6:00	60	SMB	Bobbi
Les Mills - BODYPUMP	6:30	60	GX	Marsha

Thursday

Morning	Start	Time	Room	Led By
Total Strength Plus	6:00	45	GX	Jennifer
Les Mills- BODYPUMP	8:00	60	GX	Amy T.
Deep Water Aerobics	9:00	45	Pool	Karen
Cycle	9:15	45	Cycle	Elise
Yoga	9:15	60	GX	Randa
Shallow Water Aerobics*	10:00	45	Pool	Karen
AOA - Yoga/Stretch	10:30	45	GX	Randa
Evening	**Start**	**Time**	**Room**	**Led By**
Pilates	5:30	45	GX	Mel
Les Mills - RPM	6:00	45	Cycle	Frank
LIVESTRONG (Private Group) 6:30-8:00 PM in SMB				
Zumba	6:30	60	GX	Harry

Friday

Morning	Start	Time	Room	Led By
Les Mills - GRIT Strength	5:00	30	GX	Virtual
Total Strength Plus	6:15	45	GX	Jennifer
Les Mills - CORE	7:30	30	GX	Virtual
Shallow Water Aerobics	8:00	45	Pool	Stefania
Pilates	8:15	45	GX	Mandy
Deep Water Aerobics	9:00	45	Pool	Frank
Cardio Dance/Beats	9:15	60	GX	Christy
Shallow Water Aerobics	10:00	45	Pool	Frank
Senior Circuit	10:30	45	GX	Christy
Adaptive Fitness/Parkinsons	12:00	45	GX	Sharon

Saturday

Morning	Start	Time	Room	Led By
Step	8:15	45	GX	Linda
Les Mills - RPM	8:30	45	Cycle	Frank
Les Mills - CORE	9:15	45	GX	Linda
Les Mills - BODYPUMP	10:15	60	GX	Rotation
Senior Cardio Movement	11:30	45	GX	Sandra

Sunday

Afternoon	Start	Time	Room	Led By
Cycle	1:30	45	Cycle	Rotation
Les Mills - GRIT Cardio	1:45	30	GX	Virtual
Les Mills - BODYPUMP	2:30	60	GX	Tonia

Group Exercise Studio	GX
Spirit, Mind, Body	SMB
Cycle	Cycle

* LIMITED TO 20 PARTICIPANTS

columbiaymca.org/schedules

Join Youth Basketball!

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.

BARRE: A ballet-inspired workout using a combination of low impact dynamic movement, isometric hold, and small range of motion exercises to get deep into the muscles while being educated on proper technique to prevent injuries.

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.

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

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.

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

ADAPTIVE FITNESS PARKINSON'S: Designed to empower people with Parkinson's disease to optimize their physical function and help the progression of symptoms. See Healthy Living Director for more info. ALL ARE WELCOME!

STEP: Cardio class that includes toning exercises & strength training to get your heart pumping. Stepping involves a platform of various heights upon which participants learns a variety of step patterns.

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

TAI CHI, GENTLE (ALL LEVELS): A practice that involves a series of slow gentle movements and physical postures, a meditative state of mind and controlled breathing. Sometimes described as "meditation in motion" by promoting serenity through gentle movements connecting mind and body.

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.

WATER AEROBICS (SHALLOW): 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.

WATER AEROBICS (DEEP): Challenging aerobic and strengthening workout using selected floatation devices and adaptations. Expect powerful moves and full range of motion to improve strength, cardiovascular fitness, 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.

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:
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