ORANGEBURG COUNTY YMCA
FITNESS PLANNER



NOVEMBER 2026

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**
Les Mills BodyPump	4:30	55 min	GX	Courtney
Cycle	5:30	55 Min	Cycle	George
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	GX	Summer
Pickleball (9am-12pm)	9:00	3 hrs	Gym (Half Court)	
Floor Fusion	10:00	55 min	COM	Summer
AFTERNOON	**Start**	**Time**	**Room**	**Led By**
Chair Aerobics	4:30	55 min	COM	Amanda
Pickleball (5-7:30 pm)	5:00	2.5 hrs	Gym	
Kettlebell	5:30	55 min	GX	Cindy
Water Aerobics	5:30	55 min	Pool	Amanda
Cycle	6:15	55 min	Cycle	Anna

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
AFTERNOON	**Start**	**Time**	**Room**	**Led By**
Les Mills BodyPump	4:30	55 min	GX	Courtney
Step and Sculpt	5:30	55 min	GX	PJ
Zumba	6:30	55 min	GX	Shaquetta

Thursday

MORNING	Start	Time	Room	Led By
Les Mills BodyPump	5:30	55 min	GX	John Mark
Cycle	5:30	55 min	Cycle	Sarah
Total Strength Plus	7:30	60 min	Cycle	Miriam
Water Aerobics	8:00	45 min	Pool	Gyptsie
Active Older Adults	9:00	45 min	GX	Summer
Pickleball (9am-12pm)	9:00	3 hrs	Gym (Half Court)	
Floor Fusion	10:00	55 min	COM	Summer
AFTERNOON	**Start**	**Time**	**Room**	**Led By**
Kettlebell	4:30	55 min	GX	Cindy
Chair Aerobics	4:30	55 min	COM	Amanda
Pickleball (5-7:30 pm)	5:00	2.5 hrs	Gym	
Water Aerobics	5:30	55 min	Pool	Amanda
Line Dancing	5:30	55 min	GX	Destinee

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
Cardio**	11:00	55 min	GX	PJ

Saturday

MORNING	Start	Time	Room	Led By
Pickleball (8 am - Noon)	8:00	4 hrs	Gym (Full Court)	
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	Shaquetta
Yoga	11:30	55 min	GX	Gyptsie

Sunday

AFTERNOON	Start	Time	Room	Led By
Pickleball** (1-5:30 pm)	1:00	4.5 hrs	Gym (Full Court)	
Line Dance	2:00	55 min	GX	Destinee

* Occurs the 1st and 3rd week each month.
**Occurs the 2nd and 4th week each month.

columbiaymca.org/schedules

LIVESTRONG® AT THE YMCA

FREE 12 WEEK PROGRAM FOR CANCER SURVIVORS

SIGN UP!

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 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.

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 learns 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.

PROGRAM DIRECTOR:
Ashley Fields
ashleyfields@columbiaymca.org

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	