



YMCA OF COLUMBIA

Downtown YMCA

Fitness Day Planner
October 2021

Monday

Morning	Start	Time	Room	Led By
Les Mills - Body Combat	6:00	45	Studio 1	Jacque
Silver Sneakers	10:30	60	Studio 2	Leah
Midday	Start	Time	Room	Led By
Les Mills - Body Pump	12:00	45	Studio 1	Donna
Yoga	12:00	45	Studio 2	Sharon
Evening	Start	Time	Room	Led By
Les Mills - Body Pump	5:30	60	Studio 1	Randy/Nicky
Yoga	5:30	60	Studio 2	Juliet
Zumba	6:30	60	Studio 1	Dionna

Tuesday

Morning	Start	Time	Room	Led By
Les Mills - Body Pump	6:00	45	Studio 1	Donna
Yoga	6:00	45	Studio 2	Dara
Parkinson's Network	9:30	45	Studio 2	Leah
Midday	Start	Time	Room	Led By
Synrgy360	12:00	45	Functional	Ashley
Yoga	12:00	45	Studio 2	Rachel-Elise
Evening	Start	Time	Room	Led By
Les Mills - Body Combat	5:30	45	Studio 1	Jacque
Pilates	5:30	45	Studio 2	Kaitlyn
Synrgy360	6:15	45	Functional	Ashley
Zumba	6:30	60	Studio 1	Rachel-Elise

Wednesday

Morning	Start	Time	Room	Led By
Synrgy360	6:00	45	Functional	Carleen
Silver Sneakers	10:30	60	Studio 2	Lisa
Midday	Start	Time	Room	Led By
Total Strength +	12:00	45	Studio 1	Meredith
Yoga	12:00	45	Studio 2	Nina
Evening	Start	Time	Room	Led By
Body Pump/Les Mills Core	5:30	60	Studio 1	Randy/Shaua
Yoga	5:30	60	Studio 2	Juliet
Zumba	6:30	60	Studio 1	Dionna

Thursday

Morning	Start	Time	Room	Led By
Yoga	6:00	45	Studio 2	Dara
Total Strength	6:00	45	Studio 1	Jacque
Parkinson's Network	9:30	45	Studio 2	Leah
Midday	Start	Time	Room	Led By
Total Strength +	12:00	45	Studio 1	Nancy
Yoga	12:00	45	Studio 2	Rachel-Elise
Evening	Start	Time	Room	Led By
Les Mills - Body Combat	5:30	45	Studio 1	Donna
Pilates	5:30	60	Studio 2	Melissa
Zumba	6:30	60	Studio 1	Rachel-Elise

Friday

Morning	Start	Time	Room	Led By
Les Mills - GRIT	6:00	30	Studio 1	Rotation
Silver Sneakers	10:30	60	Studio 2	Leah
Midday	Start	Time	Room	Led By
Yoga	12:00	45	Studio 2	Jessica
Evening	Start	Time	Room	Led By
Les Mills - Body Pump	5:30	60	Studio 1	Melissa

Saturday

Morning	Start	Time	Room	Led By
Les Mills - Body Combat	9:00	60	Studio 1	Rotation
Les Mills - Body Pump	10:15	60	Studio 1	Rotation
Les Mills - GRIT	11:15	30	Studio 1	Rotation

Sunday

October 24 - [POP UP] - Les Mills Core 1:15 pm - Studio 1 - with Randy

Les Mills Halloween Launch Event Saturday, October 30th			
Body Combat	9:00	60	Randy, Shauna, Nicky
Body Pump	10:15	60	Donna, Trina
GRIT	11:15	30	Donna, Randy
Wear a costume and win prizes! Members can bring a guest to class for free			

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all