



YMCA OF COLUMBIA

Northwest YMCA

Fitness Day Planner
October 2021

Monday

Morning	Start	Time	Room	Led By
Les Mills - GRIT - Strength	5:15	45	GX	Melissa
Deep Water Aerobics	9:00	45	Pool	Shelley
Cycle	9:30	45	Cycle	Amy
Shallow Water Aerobics	10:00	45	Pool	Shelley
Silver Sneakers	10:30	45	GX	Amy
Aqua Fit-Loving Joints-Shallow	11:00	45	Pool	Nancy
Silver Sneakers	11:30	45	GX	Amy
Evening	Start	Time	Room	Led By
Yoga	6:00	60	SMB	Regina
Les Mills - BODYPUMP	6:30	60	GX	Marsha

Tuesday

Morning	Start	Time	Room	Led By
Total Strength Plus	6:15	45	GX	Jennifer
Barre	8:30	45	SMB	Christy
Deep Water Aerobics	9:00	45	Pool	Karen
Total Strength Plus	9:30	60	GX	Amy
Yoga	9:30	60	SMB	Randa
Shallow Water Aerobics	10:00	45	Pool	Karen
Tai Chi	11:00	45	GX	Dr. Dee
PWR! Parkinson's Class	12:00	60	GX	Leah
Evening	Start	Time	Room	Led By
Pilates	5:30	45	GX	Mel
Les Mills - RPM	6:00	45	Cycle	Frank
Les Mills - BODYATTACK	6:30	60	GX	Aimee

Wednesday

Morning	Start	Time	Room	Led By
Les Mills - GRIT - Cardio	5:15	45	GX	Melissa
Pilates	8:15	45	GX	Mandy
Deep Water Aerobics	9:00	45	Pool	Shelley
Yoga	9:30	45	SMB	Dianne
Shallow Water Aerobics	10:00	45	Pool	Shelley
Silver Sneakers	10:00	45	GX	Rotation
Aqua Fit-Loving Joints-Shallow	11:00	45	Pool	Nancy
Evening	Start	Time	Room	Led By
Les Mills - CORE	5:30	45	GX	Linda
Les Mills - RPM	6:00	45	Cycle	Frank
Yoga	6:00	60	SMB	Jessica
Les Mills - BODYPUMP	6:30	60	GX	Marsha

Thursday

Morning	Start	Time	Room	Led By
Total Strength Plus	6:15	45	GX	Jennifer
Les-Mills- BODYPUMP	8:00	60	GX	Aimee
Deep Water Aerobics	9:00	45	Pool	Karen
Cycle	9:30	45	Cycle	Amy
Shallow Water Aerobics	10:00	45	Pool	Karen
Silver Sneakers Yoga/Stretch	10:30	45	GX	Amy
Evening	Start	Time	Room	Led By
Pilates	5:30	45	GX	Mel
Les Mills - RPM	6:00	45	Cycle	Frank
Les Mills - BODYPUMP	6:30	60	GX	Clayton

Friday

Morning	Start	Time	Room	Led By
Les Mills- GRIT	5:15	45	GX	Jennifer
Les Mills - CORE	8:00	45	GX	Joanna
Pilates	8:15	45	SMB	Mandy
Deep Water Aerobics	9:00	45	Pool	Shelley
Cardio Jam/Beats	9:15	60	GX	Christy
Shallow Water Aerobics	10:00	45	Pool	Shelley
Senior Circuit	10:30	45	GX	Christy
Aqua Fit-Loving Joints-Shallow	11:00	45	Pool	Nancy
PWR! Parkinson's Class	12:00	45	GX	Leah

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

Sunday

Afternoon	Start	Time	Room	Led By
Les Mills - RPM	1:30	45	Cycle	Frank
Les Mills - BODYPUMP	2:30	60	GX	Rotation

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

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