

YMCA at Carolina Crossing

July 2010

117 Carolina Crossing Drive - 803-628-9622



HOURS:

5:00 AM-9:30 PM Mon-Fri
8:00 AM-6:00 PM Sat
1:00 PM-6:00 PM Sun

CHILDWATCH

HOURS:

Morning

8:00-10:15 AM Mon
8:00-10:00 AM Tues
8:00-10:00 AM Wed
8:00-10:30 AM Thur
8:00-10:00 AM Fri

Evening

5:15-7:15 PM Mon-Thur

Mon. Tues. Wed. Thurs. Fri. Sat.

9:00-9:45 AM Zumba w/Sheri L1-3/C-0	9:00-9:30AM Yoga Lite w/Alison L1-3	7:45-8:30 AM Get on the Ball w/Alison or Michelle L1-3	8:00-8:30 AM Yoga Lite w/Alison L1-3		
9:45-10:15 AM Abs/Back/Stretch w/Sheri L1-3	9:30-10:00AM Yoga w/Alison L2-3	8:30-9:00 AM Cardio/Sculpt w/ Alison or Michelle L2-3/C-0	8:30-9:00 AM Yoga w/Alison L2-3		
		9:00-9:30AM Pilates w/Alison or Michelle L2-3/C-0			
6:00-7:00PM Yoga Flow Beg/Int W/Andrea L1-3/C-0	6:00-7:00PM Card/Scpt w/Angie L1-3	6:00-7:00PM Sculpt/Sweat w/Angie L1-3/C-0	6:00-7:00PM Zumba w/Andrea All Levels C1-3		** We'll continue to add more aerobics classes when enrollment increases!! Questions? Front Desk 803-628-9622

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NEW CLASSES:

*****NOTICE*****

Please continue to try our new Aerobics classes!!!
Pick up a list of class descriptions from the front desk...
Please note that instructors and classes are subject to change.

NOTES:

L – LEVEL
C – CHOREOGRAPHY
L1-BEGINNER
L2-INTERMEDIATE
L3-ADVANCED
C1-LITTLE/NO
C2-LOW LEVEL
C3-HIGH LEVEL