

YMCA WELLNESS CENTER

JULY 2010

HOURS:

5:00 am - 9:30 pm Mon-Fri

7:30 am - 6:00 pm Sat

1:00 pm - 6:00 pm Sun

CHILD WATCH

8:15-12:00 am Mon- Fri

9:00-12:00 am Sat

3:55-7:30 pm Mon- Thurs

3:55-6:00 pm Friday

*****NEWS*****

New Class!!!

ZUMBATOMIC!!

*Kids Zumba
Tues 3-3:30 ages 4-7
Tues 3:30-4 ages 8-12
(\$5 for non members)*

The Fort Mill water park is now open!!! Make sure your kids are added to your membership before you head out there!!

L – Level
C – Choreography

L1 – Beginner
L2 – Intermediate
L3 – Advanced

C1 – Little/No
C2 – Low Level
C3 – High Level

**Shaded
Classes
Have Child
Watch
Available**

Spinning

Tues – 5:45am - 6:30am W/ Trish
8:15am - 9:15am W/ Kim
6:30pm – 7:15pm W/ Randy
Weds 7:30pm – 8:15pm W/Jim
Thurs- 5:45am – 6:30am W/ Trish
8:15am - 9:15am W/ Kim
6:30pm – 7:15pm W/ Jim
Fri - 5:00am - 5:45am W/ Trish
Sat - 8:30am – 9:15am W/ Trish

| Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|--|--|---|--|--|---|
| Step/Sculpt Crystie L1-3 6:00-6:45am | SPIN w/Trish 5:45-6:30am | Step/Sculpt Crystie L1-3 6:00-6:45am | SPIN w/Trish 5:45-6:30am | SPIN w/Trish 5:00-5:45am | Tri Club Training 7:30-8:15 NOT A CLASS |
| Step/Sculpt w/Trish L 2-3 C1-2 8:15-9:15am | SPIN w/Kim 8:15-9:15am | Step/Sculpt w/Trish L 2-3 C1-2 8:15-9:15am | SPIN w/Kim 8:15-9:00am | Step/Sculpt Sherrie L1-3 6:00-6:45am | SPIN w/Trish 8:30-9:15am |
| Fit over 50! W/ Sylvia L1-2 CO 9:15-10:15am | Int/Adv Step W/Paige L2-3 C2-3 9:30-10:30am | Fit over 50! W/ Debbie LI-2 CO 9:15-10:15am | Int/Adv. Step/Abs W/Paige L2-3 C2 9:30-10:15 | Sculpt/Core w/Mickey L1-3 8:15-9:15am | Step w/ Sue C3 9:30-10:30am |
| Step/Sculpt w/Ana 10:30-11:30am | Yoga w/ Barbara 10:30-11:30am | Fit Kids W/Colleen Age 3-5 11:30-12:00 | Body Sculpt w/Paige L1-2 CO 10:15-10:45am | Sculpt & Sweat W/Jo D 9:30-10:30 | Zumba w/ Katie 10:45-11:45am |
| Sit to be Fit w/ Sylvia LI CO 2:15-3:15pm | Beginner Yoga W/ Arlene 12:00 – 1:00 | Sit to be Fit w/ Sylvia LI CO 2:15-3:15pm | Gentle Yoga w/ Arlene 11:00-12:00 | Step/Sculpt w/ Colleen 10:45-11:45am | SUNDAY Sculpt/ Sweat w/ Elaine L 1-3 CO 2:00-3:00 |
| Sculpt & Sweat w/Sherrie L2-3 CO 4:10-5:10pm | Zumbatomic (Kids Zumba) 3-3:30 ages 4-7 3:30-4 ages 8-12 | Sculpt & Sweat w/ Sherrie L2-3 CO 4:10-5:10pm | Step Interval w/Melissa L2-3 C2 4:00-5:00pm | Sit to be Fit w/ Sylvia LI CO 2:15-3:15pm | |
| Step w/ Melissa L2-3 C1-2 5:15 - 6:15 pm | Step Interval w/ Crystie LI-3 C1-2 5:15 - 6:15 pm | Beginner Step w/ Crystie 5:30 - 6:15 pm | Core Conditioning W/ Sherrie 5:00-5:30pm | Sculpt & Sweat w/Sherrie L2-3 CO 4:00-5:00pm | |
| Yoga Beg/Int w/Kim L 1-2 6:25-7:25pm | SPIN w/ Randy 6:30-7:15pm | Hi-Lo Sculpt W/Mickey L1-3 CO 6:30 – 7:30pm | Zumba w/ Katie 5:30 – 6:15pm | | |
| Sculpt & Sweat W/ Mickey LI-3 CO 7:30-8:30pm | Sculpt & Sweat w/ Elaine LI-3 CO 7:30-8:30pm | SPIN w/ Jim 7:30 – 8:15pm | SPIN w/ Jim 6:30-7:15pm | | |
| | | | Sculpt & Sweat w/ Elaine LI-3 CO 7:30-8:30pm | | |

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