



AEROBICS SCHEDULE

FEBRUARY 2012

CHARLOTTE AVE BRANCH YMCA

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|---|--|---|
| 8:30-9:25 am Athletic Conditioning w/ Shelly L2-3/C0* Not Beginner | 8:30-9:15 am Fit Fix! w/ Jo D L1-3/C0 All Levels | 8:30-9:25 am 20/20/20 Step/Sculpt/Abs w/ Paige Marshall L1-2/C0 | 8:30-9:25 am Rock Bottom & Kettlebell w/Debbie L2-3/C0-3* Not Beginner Options are offered | 8:30-9:25 am Retro PE w/ Jennifer V All Levels New Gym | 8:30-9:15 am Cardio Challenge w/ Nancy Gainey All Levels | 3:30-4:20 pm Kettlebell w/ Mickey Thompson L2-3/C0 Not Beginner |
| 9:30-10:25 am Sculpt/Sweat w/ Jo D L2-3/C0 | 9:25-10:25 am Sassy/Classy Seniors-60+ w/ Sylvia L1-2/C0 | 9:30-10:30 am Cardio/Sculpt w/ Shelley L1-3/C0 | 9:30-10:25 am Sassy/Classy Seniors-60+ w/ Sylvia L1-2/C0 | NEW CLASS 8:30-9:15 am Fit Ball Core & More w/ Lee J All Levels Aerobics Room | 9:30-10:30 am Sculpt/Sweat w/ Danne L1-3/C0 | NEW CLASS 4:30-5:30 pm Cardio/Sculpt w/ Amy L2-3 |
| 10:45-11:45 am Pilates w/ Diane W All Levels | 10:30-11:30 am Sculpt/Sweat w/ Sondra L1-3/C0 | 10:45-11:45 am Pilates w/ Diane W All Levels | 10:30-11:30 am Sculpt/Sweat w/ Sondra L1-3 /C0 | 9:30-10:25 am Zumba w/ Sim Aerobics Room All Levels | 10:45-11:45 am Belly Dancing w/ Sultana All Levels | 4:30-5:30 pm Zumba All Levels Instructor Rotation 1. Liz B 2. Katie 3. Sandra K 4. Monica M |
| 12:15-1:00 pm Step w/ Laura L1-3/C1 | NEW TIME 4:15-5:15 pm Pilates w/ Joy | 12:15-1:00 pm Hi/Lo w/ Laura L1-3/C1 | 4:30-5:30 pm PI-YO w/ Liz L1-3/C-0 | 10:30-11:45 am Int. Yoga Flow w/ Barbara L2-3/C0* Not Beginner | Indoor Cycle Classes | |
| 1:30-2:30 pm Muscular Strength/ROM SilverSneakers w/ Colleen | 6:00-7:10 pm Master Step #3 & Abs w/ Mia L3/C3* Not Beginner | 1:30-2:30 pm Muscular Strength/ROM SilverSneakers w/ Colleen | 5:50-6:50 pm NEW TIME!! C-Cubed Cardio/Core Conditioning w/Colleen F L1-3/C0 | 12:15-1:00 pm Step w/ Laura L1-3/C1 | Monday: 5:45-6:45 am - Robert 12:15-1:00 pm - Trish Tuesday: 9:15-10:00 am - Rainey Instructor Rotation 6:00-6:45 pm - Diane M Wednesday: 5:45-6:30 am - Robert 12:15-1:00 pm - Trish *5:30-6:15 pm - Lee J *(Beginner Class) Thursday: 5:45-6:30 am - Randy D 9:15-10:00 am - Rainey Saturday: 9:15-10:00 am - Iva | |
| 4:30-5:30 pm Cardio/Combo w/ Nancy G L1-3/C1 | 7:15-8:00 pm Kettlebell w/ Mickey L1-3/C0 | 4:30-5:25 pm Sculpt/Sweat w/ Sondra L1-3/C0 | 7:00-7:45 pm Zumba Express! w/ Sandra King All Levels Aerobics Room | NEW CLASSES FOR FEBRUARY Charlotte Ave | | |
| NEW TIME 5:30-6:30 pm Zumba w/ Katie All Levels New Gym | NEW CLASS 4:30-5:15 pm Kid Fit w/ Jason 6-11 year olds New Gym | | | | | |
| 6:00-6:55 pm Boot Camp Instructor Rotation Jenn, Amy, Paige & Sue L3/C1 Not Beginner | NEW CLASS 5:30-6:15 pm 101 Beginner Spin w/ Lee J Spin Room | | | | | |
| 7:00-8:00 pm Cardio/Step & Sculpt w/ Bobbie Jo L3/C1 | 5:30-6:25 pm Bosu Boot Camp Hard Core w/ Mia L2-3/C1* Not Beginner | | | | | |
| | | 5:30-6:25 pm Zumba w/ Sim New Gym All Levels | | | | |
| | | 6:30-7:30 pm Kickboxing w/ Bobbie Jo New Gym | | | | |
| | | 6:30-7:25 pm Int. Yoga Flow w/ Carol Leonard L2-3/C-1 | | | | |

Classes that are back-to-back will change to 55 minutes to allow for smooth class changes! Please check the schedule for NEW TIMES!!!

NEW CLASSES FOR FEBRUARY
Charlotte Ave

- Tuesdays:**
New Time! 4:15-5:15 pm-Pilates with Joy
- Wednesdays:**
4:30-5:15 pm-Kid Fit with Jason (Ages 6-11)
5:30-6:15 pm-101* Beginner Spin with Lee J
- Thursdays:**
7:00-7:45pm -Zumba Express - Aerobics Room, All Levels
- Fridays:**
8:30-9:15 am-Fit Ball Core & More with Lee J in the Aerobics Room
- Sundays:**
4:30-5:30 pm-Cardio/Sculpt with Amy

*Revised 1/11/12 DMR. Schedules are subject to change.

Hours of Operation:

Monday-Friday: 5 am-9:30 pm
 Saturday: 7:30 am-6 pm
 Sunday: 1 pm-6 pm
 803-329-9622

Child Watch Hours:

Monday-Friday: 8 am-12 pm & 4 pm-8 pm
 Saturday: 8 am-12 pm

*=Not Beginner L=Level C=Cardio