



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**FORT MILL/GOLD HILL YMCA  
GROUP FITNESS/AQUATICS SCHEDULE  
FEBRUARY 1-29, 2012**

**WELCOME!** We are excited that you decided to invest in your health by participating in our Group Fitness Program. As you begin, please review the class description page to get a brief overview of the classes. If you are new to group fitness, plan to come to class a few minutes early so that you can ask the instructor any questions you may have. In order to accommodate your workout, you may need to use lighter or no weights, lower impact moves as well as a lower intensity level. Group fitness is about having **FUN!** Hang in there and remember:

**PERSISTENCE PAYS!**

*If you have any special needs – medical condition, rehabilitation of injury, pregnancy or any other needs – please inform the group fitness staff prior to beginning an exercise class.*

**GROUP FITNESS CHANGES FEBRUARY 2012**

**Fort Mill**

*Tuesday*

1:15-2pm Cardio & Flex w/Sheila: NEW CLASS

*Wednesday*

9am Pilates w/Rebecca: CANCELLED

9-10:15am Yoga Conditioning w/Andrea: NEW CLASS  
11:15am-12noon Core Strength & Conditioning w/Terri:  
NEW CLASS

5-5:50pm Cardio Intervals w/Tara: NEW CLASS  
6-7:15pm Yoga for Athletes w/Terri: NEW INSTRUCTOR

*Thursday*

5:15pm Cycle w/Suzanne: CANCELLED  
5:30-6:25pm Custom Cuts w/Tara: NEW INSTRUCTOR

*Friday*

5:30pm Zumba: CANCELLED

**Gold Hill**

*Tuesday*

9:15-10am Yoga w/Tina: NEW FORMAT  
10-10:55am Custom Cuts w/Silvia: CANCELLED

*Thursday*

8:15-9:10am Yoga Boot Camp w/Nancy: NEW CLASS  
8:15-9:10am Yoga Flex w/Tina: CANCELLED

*Saturday*

8am Zumba: CANCELLED

*Due to decreased instructors availability, there will be Zumba at one location (FORT MILL) on Saturdays for the month of February. Saturday morning Zumba classes will return to the 10am time slot at Fort Mill in the gym on March 10. Thank you for your understanding and dedication to the Upper Palmetto YMCA.*

**FACILITY HOURS**

**Fort Mill YMCA Hours**

*Mon-Fri 5am – 9:30pm  
Saturday 7:30am – 6pm  
Sunday 1– 6pm  
803-548-8020*

**Gold Hill YMCA Hours**

*Mon-Fri 5am – 9:30pm  
Saturday 7:30am – 6p  
Sunday 1-6pm  
803-548-9622*

[www.upymca.org](http://www.upymca.org)

**CHILD WATCH HOURS**

**Fort Mill YMCA**

*Mon-Thurs.*

8am-12noon

4-8pm

*Friday*

8am-12noon

4-7pm

*Saturday*

8am-12noon

**Gold Hill YMCA**

*Mon-Thurs.*

8am-12noon

4-8pm

*Friday*

8am-12noon

*Saturday*

8am-12noon



# Fort Mill Group Fitness Schedule

FEBRUARY 1-29, 2012

FOR YOUTH DEVELOPMENT  
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-5:30am Abs Lab w/Lori	5:15-5:30am Abs Lab w/Lori	5:15-5:30am Abs Lab w/Lori	5:15-5:30am Abs Lab w/Sharon	5:15-5:30am Abs Lab w/Lori		
5:30-6:15am Athletic Conditioning w/Lori		5:30-6:15am Interval Challenge w/Lori	5:30-6:15am Boot Camp w/Sharon			<b>February Rotation</b>
8-8:55am Cardio Sculpt w/Lori	8-8:55am Cardio Abs Lab w/Terri	8-8:55am Custom Cuts w/Silvia	8-8:55am Zumba* w/Irina	8-8:55am Custom Cuts w/Cindy	8:30-9:25am Zumba* ROTATION	Feb 4 Stacy Feb 11 Sim Feb 18 Casey Feb 25 TBA
9-9:15am Abs Lab w/Lori	9:15-10:10am Sweatshop w/Bonnie		9-9:15am Abs Lab w/Terri			
9:15-10:10am Boot Camp Circuits w/Silvia	10:15-11:25am Shape & Flex w/Sheila	9:15-10:10am Zumba w/Dominique <b>Class meets in Basketball Gym</b>	9:15-10:10am Kettlebell Kick w/Terri	9:10-10:10am Nia w/Kat		
10:15-11:25am Beginner Yoga w/Sheila	11:30am-12:20pm Ageless Grace w/Kat	10:15-11:25am Beginner Yoga w/Janice	10:15-11:25am Shape & Flex w/Sheila	10:15-11:10am Cardio Dance w/Julie <b>Class meets in Basketball Gym</b>	10-11:30am Power Yoga Mixed Levels w/Sara	
11:30am-12:25pm Silver Sneakers w/Bethany	12:20-1pm Simply Stretch w/Kat	11:30am-12:25pm Silver Sneakers w/Bethany	11:25am-12:25pm Zumba Gold w/Don	10:20-11:35am Beginner Yoga w/Pam		
12:30-1pm Kettlebell Pump w/Terri	1:15-2pm Cardio & Flex w/Sheila <b>*NEW CLASS*</b>	12:30-1pm Power Sculpt w/Bethany		11:45am-12:35pm Silver Sneakers Cardio Circuit w/Jett		3-4pm Custom Cuts w/Emily
4:15-5:15pm Zumba w/Dominique <b>Class meets in Basketball Gym</b>	4:30-5:15pm Athletic Conditioning w/Kristi <b>Class meets in Basketball Gym</b>		4:30-5:15pm Athletic Conditioning w/Sue <b>Class meets in Basketball Gym</b>			4:15-5:15pm Yoga w/Demi or Sheila
5:20-5:55pm Core Challenge w/Pam	5:30-6:25pm Custom Cuts w/Trish	5-5:50pm Cardio Intervals w/Tara <b>*NEW CLASS*</b>	5:30-6:25pm Custom Cuts w/Tara <b>*NEW INSTRUCTOR*</b>			
6-6:55pm Cardio Challenge w/Pam	6:30-7:30pm Nia w/Kat	6-7:15pm Yoga for Athletes w/Terri <b>*NEW INSTRUCTOR*</b>	6:30-7:25pm Zumba* w/Violet			
7-8:15pm Yoga for Athletes w/Andrea						

**Group Fitness Class Descriptions**  
**Winter 2012**

**Classes with (\*) next to them may require a ticket may for participation. Tickets available from Fitness Staff 45 minutes prior to class start time**

**Athletic Conditioning:** A total body workout for the intermediate to advanced exerciser. This class is a combination of high energy, fast-paced cardio sports drills and interval training incorporating upper and lower body conditioning, using weights, bands, body bars and stability balls. Training for a race? This is the class for you! (2-3)

**Boot Camp & Boot Camp Circuits:** A combination of equipment is used to keep your heart rate elevated as you rotate through a variety of cardio and strength circuits. (2-3)

**Cardio Challenge:** A power-packed workout that incorporates step, hi/lo, kickboxing and athletic conditioning. This class may include some strength training. (2-3)

**Cycle:** Come ready for an intense workout. Bring your water bottle and towel with you too! You'll definitely sweat. See your instructor if you have questions about the format and length of the class. It is all about having FUN. (1-3)

**Cycle Cross:** an original class that will improve your cardio and strengthen your entire body. Based on HIIT (High Intensity Interval Training) principles, Cycle Cross is a 30 min power cycle class followed by a 30 min. strength workout that will challenge all your major muscle groups.

**Sweatshop:** Intervals of step, sculpting and high intensity floor work. This is a great workout for increasing cardio endurance.

**Step:** The time will fly by as you are challenged in this class with more choreography and power moves that work you into a sweat! (2-3)

**\*Zumba:** Shake it up and sweat it out in this fun, high energy class that includes various dance and cultural influences. (1-3)

**Zumba Gold:** An innovative, fun and exciting program. It was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically.

**Interval Challenge:** A well rounded workout that challenges the major muscle groups while allowing for a strong cardio session; moving from cardio to strength including plyometric moves to keep the heart rate from dropping during the strength portions of the class. (2-3)

**\*Cardio Funk:** A cardiovascular workout filled with fun dance moves and non-stop action. Bring your attitude and have some "funk". (1-3)

**Kettlebell Kick:** A combination of Kettlebell class and kickboxing.

**Kettlebell Pump:** Ideal for anyone who wants to: burn fat, increase flexibility and build strength. This 30 minute sculpting class provides unique multi-joint movements that exercise all the large muscle groups while simultaneously providing a high level of cardiovascular training.

**Kickboxing:** This class combines martial arts and fitness aerobics into heart-pumping, energizing choreographed punches and kicks what emphasizes proper execution of martial arts movements, making it safe for all levels. For those who want a high-intensity experience, this Kickboxing class allows students to maintain their target heart rate throughout 90 percent of the workout.

**Abs Lab:** If you want firmer abs and stronger back, this is the class for you. (1-3)

**Custom Cuts:** Learn the secret to permanent fat loss – strength training. Designed not only to boost your caloric expenditure but to redefine, reshape and strengthen the body you were born with. May include short cardio "spurts" to increase overall endurance. (1-3)

**Shape & Flex:** A 55 minute vigorous class designed to challenge you to achieve stronger, leaner muscles and a stable core through the use of primarily free weights and the step bench as a weight platform. This class incorporates less complicated compound movements, longer transition time between sets, and limited use of nontraditional weight training equipment. (1-2)

**Power Sculpt:** Sculpt and tone your body utilizing tubing, weights, body resistance and power moves in only 30 minutes! (1-3)

**Core Challenge:** Abs PLUS total lower body shaping. (1-3)

**Nia:** Fun, energizing fusion-fitness class that combines the explosive power of the Martial Arts, the grace of the Dance Arts, and the concentration of the Healing Arts, blending music into dynamic routines for an invigorating Body-Mind-Spirit workout. Nia is adaptable to ALL ages and ALL abilities.

**Ashtanga Yoga:** A dynamic system of yoga linking together a distinct set of postures by way of a vinyasa, which is a marriage of physical movement and breathing techniques. The Ashtanga Primary Series is for all levels of fitness.

**Beginner Yoga:** Learn the basics of yoga along with how to breathe and relax (1-2)

**Power Yoga:** This yoga class focuses on using the power of the mind, body and breath to build strength and endurance while practicing yoga postures. The class will integrate vinyasa flows with "power" holds of yoga postures that allow the student time to breath, sink into, and explore his/her mind, body and spirit while in a particular yoga asana. (2-3)

**Yoga Boot Camp:** Fun and energetic fitness based approach to yoga which will increase strength, boost athletic ability and prevent injury, improve core stability and flexibility, tone and trim your waist line, all while rejuvenating your mind, soul, and spirit.

**Yin Yoga:** Targets the connective tissue of the hips, pelvis and lower spine. Yin postures are held 3 to 5 minutes at a time. This practice helps joints stay moist and supple. Yin Yoga is a great compliment to the more muscular style of yoga and other muscular forms of exercise.

**Yoga for Athletes:** If you're a runner, cyclist, skier, hiker, or active person of any kind, discover how yoga will help you develop increased flexibility, aerobic capacity, strength, endurance and mental focus in this class designed to enhance your performance as an athlete or active individual. (Level 2-3)

**Yoga Conditioning:** This class is good for all levels beginner to advance. Using a fitness style yoga flow, participants can expect to see enhanced definition, increased strength, and decreased injury.

**Simply Stretch:** Increase energy levels & flexibility. Improve posture & body alignment. Relieve pain & stress. RELAX.

**Pilates:** Learn skills to achieve balance and flexibility while lengthening and strengthening through mat work developed by Joseph Pilates.

**PIYo:** a fusion of Yoga and Pilates with a twist. This is not your regular mind/body class! Challenging moves and contemporary pop music blend for a great workout unlike anything you may be used to.

**Wee Fit & Wee Yoga:** Fitness class for the preschool child that uses gross motor skills and burns off some energy. Sign up for class in Child Watch.

**Kid's Boot Camp:** All children invited. A FUN workout for grades K-5.

**Ageless Grace:** fitness and wellness program consisting of 21 simple exercise Tools designed for *all ages and abilities*. These anti-aging exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind.

**Silver Sneakers:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

**Silver Sneakers Cardio Circuit:** Have fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.



# Cycle & Mind/Body Schedule

## Cycle Schedule FEBRUARY 1-29, 2012

FOR YOUTH DEVELOPMENT  
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7am Cycle Cross w/Leonard	5:30-6am Lori	6-7am Cycle Cross w/Leonard		5:30-6am Lori		
8-8:55am Cheryl	8-8:55am Tammi	8-8:55am Rebecca	8-8:55am Jan	8:30-9:25am Marion	8-9:55am ROTATION	<b>8am Sat. Rotation</b>
9:30-10:25am Barb		9:15-10:30am Cycle Cross w/Cheryl				Feb 4 Jan Feb 11 Eileen Feb 18 Eileen Feb 25 Tammi
					9:30-10:25am ROTATION	<b>9:30am Sat. Rotation</b>
5-5:45pm Kristi				5:30-6:25pm Barb		Feb 4 Tara Feb 11 Suzanne Feb 18 Cheryl Feb 25 Melanie
6-6:45pm Tammi	6:30-7:30pm Leonard	5:45-6:30pm Emily	6:30-7:30pm Leonard			2-3pm Cycle w/Eileen or Barb

## Flexibility & Strength Schedule FEBRUARY 1-29, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:15-6:15am Power Yoga w/Melanie		5:15-6:15am Power Yoga w/Tara		
8:30-9:30am Pilates w/Kim K	9:25-10:25am Power Yoga w/Nadeene	9-10:15am Yoga Conditioning w/Andrea <b>*NEW CLASS*</b>	9-10am Yoga Levels 1 & 2 w/Jayne	9-10:15am Ashtanga Yoga mixed levels w/Lisa P.		
10:15-11:25am Beginner Yoga w/Sheila <i>large group ex room</i>	10:30-11:45am Yoga Mixed Levels w/Terri	10:15-11:25am Beginner Yoga w/Janice <i>large group ex room</i>	10:30-11:45am Yoga Mixed Levels w/Terri	10:20-11:5am Beginner Yoga w/Pam <i>large group ex room</i>	10-11:30am Power Yoga Mixed Levels w/Sara <i>large group ex room</i>	
		11:15-12noon Core Strength & Conditioning w/Terri <b>*NEW CLASS*</b>				
6:30-7:30pm Pilates Mixed Levels w/Barbie		5:30-6:30pm Yin Yoga w/Pam	6-7pm Yoga Mixed Levels w/Nadeene	11-11:40am Simply Stretch w/Bethany		4:15-5:15am Yoga w/Demi or Sheila <i>large group ex room</i>
7-8:15pm Yoga for Athletes w/Andrea <i>large group ex room</i>		6-7:15pm Yoga for Athletes w/Terri <i>large group ex room</i> <b>*NEW INSTRUCTOR*</b>				



## Kid's Fitness Schedule Winter 2012

FOR YOUTH DEVELOPMENT  
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Monday	Tuesday	Wednesday	Thursday	Friday
9 - 9:30 am <b>Wee Fit</b> w/Donna (Max 10 kids)		8 - 8:30 am Wee Fit w/Donna (Max 10 kids)		
9:30 - 10 am <b>Wee Fit</b> w/Donna (Max 10 kids)	9:30 - 10 am <b>Wee Fit</b> w/Donna (Max 10 kids)	9:30 - 10 am <b>Wee Fit</b> w/Donna (Max 10 kids)	9 - 9:30 am <b>Wee Fit</b> w/Donna (Max 10 kids)	9 - 9:30 am <b>Wee Yoga</b> w/ Donna (Max 10 kids)
	10 - 10:30 am <b>Wee Fit</b> w/Donna (Max 10 kids)	4 - 4:30 pm <b>Kid's Boot Camp</b> (grades k-5) w/Donna <b>Meets in Basketball Gym</b>	9:30 - 10 am <b>Wee Fit</b> w/Donna (Max 10 kids)	9:30 - 10 am <b>Wee Yoga</b> w/ Donna (Max 10 kids)
		4:30 - 5 pm <b>Kid's Boot Camp</b> (grades k-5) w/Donna <b>Meets in Basketball Gym</b>		10 - 10:30 am <b>Wee Yoga</b> w/ Donna (Max 10 kids)

*Wee Fit is an exercise class designed specifically for pre-school aged children. Activities are age appropriate for rising 3 year olds through age 5. Song, letter recognition, colors, shapes, movement patterns, fundamental skills and imagination are explored in a fun and encouraging environment. Participants do NOT need to be potty trained. Sign up daily in Child Watch.*