



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

YMCA AT CAROLINA CROSSING – SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2:30-6:00 PM</b> Program Use	<b>2:30-6:00 PM</b> Program Use	<b>2:30-6:00 PM</b> Program Use	<b>2:30-6:00 PM</b> Program Use	<b>2:30-6:00 PM</b> Program Use	<b>Information:</b> 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.  <b>NOTES:</b> L – LEVEL C – CHOREOGRAPHY L1-BEGINNER L2-INTERMEDIATE L3-ADVANCED C1-LITTLE/NO C2-LOW LEVEL C3-HIGH LEVEL	
	<b>6:00-7:00 PM</b> Interval Training w/Stephanie  L1-3					
	<b>7:10-8:00 PM</b>  Zumba w/Tina  All Levels C1-3	<b>7:10-8:00 PM</b>  Zumba Core w/Tina  All Levels C1-3				

**Hours:**

Monday – Friday 5:00 AM - 9:30 PM  
Saturday - 8:00 AM – 6:00 PM  
Sunday – 1:00 – 6:00 PM

**Childwatch Hours:**

Monday – 8:30 – 10:30 AM; 5:30 – 7:30 PM  
Tuesday – 8:30 – 10:30 AM; 5:30 – 7:30 PM  
Wednesday – 8:30 – 10:30 AM; 5:30 – 7:30 PM  
Thursday – 8:30 – 10:30 AM; 5:30 – 7:30 PM  
Friday – 8:30 – 10:30 AM