

Group Fitness Schedule

1785 Gold Hill Road, Fort Mill, SC 29708

September 2017

Gold Hill YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 5:45am Abs lab Shelly - L2-3 - F	5:15 - 6:00am Cycle Janet/Eileen - L2-3 - C	5:30 - 6:10am HIRT Beth - L2-3 - F	5:15 - 6:00am Athletic Conditioning Janet - L1-3 - F	5:15 - 6:00am Cycle Janet/Eileen - L2-3 - C	8:00 - 8:55am Cardio Funk Rotation* 9/2 - Lyndsey 9/9 - Angie 9/16 - Dominique 9/23 - Amanda 9/30 - Amanda L1-3-F	
5:45 - 6:30am Custom Cuts Shelly - L2-3 - F	8:10 - 9:10am Zumba Toning Stacy - L2-3 - F	6:10 - 6:30am Restorative Stretch Beth - L2-3 - F	8:10 - 9:10am Beginner Zumba * Don - L1-2 - F	5:30 - 6:15am Custom Cuts Lori H - L2 - F		
8:10 - 9:05am HIRT Paige - L2-3 - F	9:15 - 10:00am Yoga Tina - L1-3 - F	8:10 - 9:10am Beginner Zumba Toning Don - L1-2 - F	9:30 - 10:15am Sweatshop Bethany - L2-3 - F	6:15 - 6:30am Abs Lab Lori H - L2 - F	9:00 - 10:00am Custom Cuts Rotation* 9/2 - Denise 9/9 - Lori G 9/16 - Lori G 9/23 - Anne 9/30 - Lori G L1-3-F	
9:15 - 10:10am Wurk it!* Marcea - L2-3 - F	10:10am - 11:10am Zumba Gold* Don - L1-2 - F	9:15 - 10:10am Cycle Jessi - L1-3 C	10:30 - 11:45am Yoga Mixed Levels Terri O - L1-3 - F	9:00 - 9:50am CardioFunk Tara - L1-3 - F		
10:15 - 11:00am Cycle Jessi - L1-3 - C	11:30 - 12:10pm Silver Sneakers Classic Bethany - L1 - F	9:30 - 10:15am HIRT Beth E. - L1-3 - F	6:45 - 7:45pm Zumba Trellis L1-2 F	9:15 - 10:10am Cycle Jessi - L1-3-C	9:15 - 10:00am Cycle Rotation* 9/2 - Anne 9/9 - Jessi 9/16 - Jessi 9/23 - Lori G 9/30 - Bo L1-3-C	
10:30 - 11:00am Power Sculpt Bethany - L1-2 - F	12:20 - 1:00pm Simply Stretch Bethany - L1 - F	10:30 - 11:30am Nia Sherrie - L1-3 - F		10:00 - 10:45am POUND Sibylle - L1-2 - F		
11:15 - 12:15pm Nia Demi - L1-3 - F	5:00 - 6:00pm Nia Sandra - L1-3 - F	11:30 - 12:15pm Nia Basic Breakdown Sherrie - L1 - F		10:45 - 11:30am YoPi Sibylle -L1-3-F		
5:15 - 6:00pm Step N Sculpt Anne - L1-3-F	6:30 - 7:15pm Barre Melissa - L1-3 - F	5:25 - 6:15pm Hatha Yoga Lisa - L1-2 - F		11:35 - 12:35pm Nia Sherrie/Demi L1-3 -F		
6:15 - 7:10pm Shape & Flex Sibylle - L2-3 - F		6:30 - 7:15pm Custom Cuts Denise -L1-3 -F				
6:00 - 6:45pm Cycle Lori G L1-3-C						

Class Tickets:
Classes with a star(*) after the title may require a ticket. Tickets are at the front desk 30 min prior to the class. Only members who are present will be given one ticket. Tickets are first come first serve.

CHANGES FOR SEPTEMBER:
Tuesday CardioFunk Pump has been removed
Friday early morning Cycle has been added
Friday morning CardioFunk has been added to the schedule
Tuesday evening Nia has moved to 5pm

How to read the new schedule:
Example:
Zumba = Class
5-5:55pm = Time
Jaime = Instructor
L2-3 = Level Intermediate to Advanced
F = Fitness Room

Class Location:
F = Group Fitness Room
C = Cycle Room

