FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS GROUP EXERCISE SCHEDULE SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step/Sculpt Crystie L1-3 6-6:45am	**SPIN** w/Trish 5:45-6:30am	**Step/Sculpt** Crystie L1-3 6:00-6:45am	**SPIN** w/Trish 5:45-6:30am	**Step/Sculpt** W/Crystie L1-3 6-6:45am	**SPIN** w/(Rotation) 8:30-9:15am	**Sculpt & Sweat** w/ Elaine L 2-3 CO 2:00-3:00pm
Spin Combo w/Trish L 2-3 C1-2 8:15-9:15am	Cardio Strength/ Core Mix W/Halie L 2-3 8:30-9:30	**Spin Combo** w/Trish L 2-3 C1-2 8:15-9:15am	Sculpt & Sweat Express W/ Jo D 8:15am-9:00am	**Sculpt/Core** w/Mickey L1-3 8:15-9:15am	**Step** 9:30-10:30 (Instructors will rotate)	
Fit over 50! W/ Sylvia L1-2 CO 9:20-10:20am	**YO – CHI** W/ Colleen 10:30-11:30am L2-3	**Fit over 50!** W/ Sylvia L1-2 C-O 9:20-10:20am	**Pilates** W/Joy 10:45-11:45pm L1-L3	**Pilates** w/ Colleen 11:00-12:00PM L1-3 CO		
Step/Sculpt W/Colleen 10:30-11:35am L2-3-C1	**Beginner/Gentle Yoga** W/Barbara 11:45-12:45pm	**Sculpt & Sweat** Interval w/Colleen L2-3 C1 10:30-11:30am	**YO – CHI** W/ Colleen 12:00 pm -1:00 pm L 2-3	**Sit to be Fit** w/ Sylvia LI CO 2-3:00pm		
Pilates W/Colleen L1-3 CO 12:00-1:00pm	**Step** W/Crystie L1-3 C-2 5:15-6:15pm	**Pilates** W/Colleen L1-3 CO 12:00-1:00pm	**Sculpt & Spin** W/Melissa L2-3 C2 4:30-5:30pm	**Sculpt/ Sweat** w/ Crystie L2-3 CO 4:10-5:00pm	**SPIN SCHEDULE** Tues – 5:45am - 6:30am W/ Trish Thurs- 5:45am – 6:30am W/ Trish Sat - 8:30am – 9:15am Rotation	
Sit to be Fit w/ Sylvia LI CO 2:00-3:00pm	**Zumba Express** w/Alicia 6:30-7:25pm	**Sit to be Fit** w/ Sylvia L1- CO 2:00-3:00pm	**Zumba** W/ Sandra 6:00 – 7:00pm			
Sculpt& Sweat w/Diane L2-3 C-O 4:30-5:25pm	**Sculpt & Sweat** W/Elaine L2-3 CO 7:30-8:30pm	**Sculpt & Sweat** w/Melissa L2-3 CO 4:30-5:25pm	**Sculpt & Sweat** w/ Elaine L2-3 CO 7:30-8:30pm			
Cardio/Strength w/ Mickey L1-3 C1-2 5:30-6:20pm		***HIRT*** **H**igh **I**ntensity **R**esistance **T**raining w/ Jordan 5:30 - 6:15 pm			********NEWS******** ***We will be closed Monday 9/4/17 for Labor Day.***	
		Zumba W/Katie 6:30 – 7:30pm			**L – Level** **C- Choreography** C0 - Little/No L1 – Beginner C1 – Low Level L2 – Intermediate C2 – Intermediate L3 – Advanced C3 – High Level	

Hours of Operation:
Mon - Fri – 5:00am - 9:30pm
Saturday – 7:30am – 6:00pm
Sunday – 1:00 pm – 6:00pm

Child Watch Hours:
Mon - Fri - 8:00am – 12:00pm
Saturday – 8:30am – 12:00pm
Mon –Thu - 3:30pm – 7:30pm
Friday – 3:30pm – 6:00pm

UPPER PALMETTO YMCA – WELLNESS CENTER – 1735 Heckle Blvd – 366-9622
www.UPYMCA.org