



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

YMCA AT CAROLINA CROSSING – JANUARY 2019

| Monday                       | Tuesday  | Wednesday  | Thursday                     | Friday                       | Saturday  | Sunday |
|------------------------------|--|--|------------------------------|------------------------------|---|--------|
|                              |  |  |                              |                              |   |        |
|                              |  |  |                              |                              |   |        |
|                              |  |  |                              |                              |   |        |
| 8:00AM-6:00PM<br>Program Use | 8:00AM-6:00PM<br>Program Use                                 | 8:00AM-6:00PM<br>Program Use                                       | 8:00AM-6:00PM<br>Program Use | 8:00AM-6:00PM<br>Program Use | <b>Information:</b><br>New Classes:<br><br>*****NOTICE*****<br>****<br>Please continue to try our new Aerobics classes!!!<br>Pick up a list of class descriptions from the front desk...<br>Please note that instructors and classes are subject to change.<br><br><b>NOTES:</b><br>L – LEVEL<br>C – CHOREOGRAPHY<br>L1-BEGINNER<br>L2-INTERMEDIATE<br>L3-ADVANCED<br>C1-LITTLE/NO<br>C2-LOW LEVEL<br>C3-HIGH LEVEL |        |
|                              | 6:00-7:00 PM<br>Interval Training<br>w/Stephanie<br><br>L1-3 |  |                              |                              |   |        |
|                              |  | 7:30-8:20 PM<br><br>Zumba Core<br>w/Tina<br><br>All Levels<br>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