

Group Fitness Schedule

857 Promenade Walk, Fort Mill, SC 29708

December 2018

Fort Mill Baxter YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am - 6:00am Athletic Conditioning Denise/Bonnie-L1-3-G		5:15 - 6:00am HIRT Lori H. - L2-3 -G	8:00 - 8:55am Barre Julie Z-L1-3 F	5:15 - 6:00am Boot Camp Circuits Silvia - L2-3 - G	8:30 - 9:15am Boot Camp 12/1 - Roe 12/8 - Denise 12/15 - Anne A 12/22 - Anne A 12/29 - NO CLASS L 2-3 -G	1:15 - 2:00pm Custom Cuts Rotation 12/2 - Amber 12/9 - Anne A 12/16 - Debbie 12/23 - NO CLASS 12/30 - Amber L-1-3-F
8:00 - 8:55am Body Blast Denise - L2-3 - F	8:05 - 9:00am HIRT Tanielle - L2-3 - F	8:00 - 8:55am Body Blast Denise - L2-3 - F	8:00 - 8:45am TRX Training - *LIMIT 10* Tanielle - L1-3-ATZ	8:05 - 9:00am Athletic Conditioning Angela - L2-3 - F	9:30 - 10:25am Zumba Gold* Don - L1-2 - F	
9:00 - 9:15am Abs Lab Silvia - L3 - F	9:15 - 10:10am PiYo LIVE Julie - L1-3-G	9:15 - 9:45am Cycle Cross Cheryl - L2-3 - F	9:15 - 10:10am PiYo LIVE Julie - L1-3-G	9:15 - 10:10am Barre Julie - L1-3F		
9:15 - 10:10am Boot Camp Circuits Silvia - L3 - F	10:30 - 11:15am Shape and Flex* Sibylle - L1-2 - F	9:15 - 10:10am Zumba Dominique - L1-3 - G	9:00 - 9:15am Abs Lab Molly - L2-3 - F	9:15 - 10:00am Boot Camp Circuits Roe - L2-3 G		
11:30am-12:20pm Silver Sneakers Classic* Bethany - L1 - F	4:30 - 5:15pm Athletic Conditioning Anne A -L2-3 -G	11:30 - 12:20pm Silver Sneakers Classic Bethany L-1 F	9:15 - 10:10am Kickboxing Circuits Molly - L2-3 -F	10:30 - 11:15am Silver Sneakers Circuit Jett - L2 - F		
12:25 - 1:10pm Simply Stretch Bethany - L1-- F	5:30 - 6:25pm HIRT Trish - L2-3 - F	12:30 - 1:00pm Power Sculpt Bethany - L1-2 - F	10:30 - 11:30am Shape and Flex Denise - L1-2 - F			
1:15 - 2:00pm Silver Sneakers Classic Bethany - L1 - F	6:45 - 7:45pm CardioFunk Amanda - L2 - F	1:15 - 2:00pm Silver Sneakers Classic Bethany L1-F	4:05 - 4:55pm Barre Ronnee L1-3 -F			
4:15 - 5:00pm Sweatshop Bonnie - L1-3-F		5:00 - 5:55pm Zumba/CardioFunk Jaime/Crystal - L1-3-F	4:30 - 5:15pm Athletic Conditioning Denise -L2-3 -G			
4:45 - 5:30pm CardioFunk Pump Crystal -L1-3 -G		6:00 - 7:15pm Yoga for Athletes Caroline - L2-3 - F	5:30 - 6:15pm Athletic Conditioning Denise -L2-3 -F			
5:15 - 5:55pm Abs, Glutes, Cardio Denise -L2-F						
6:00 - 6:45pm HIRT Kristi B- L1-3-F						
7:00-7:55pm Zumba Trellis-L1-3-F						



CHANGES FOR DECEMBER:
 Monday early AM Athletic Cond will alternate between Denise and Bonnie for December
 Tues CardioFunk is now at 6:45pm
 WE WILL BE CLOSED ON DECEMBER 24 AND 25 TO CELEBRATE CHRISTMAS WITH OUR FAMILIES. SOME CLASSES WILL BE CLANCELLED DEC 26-JAN 6 DUE TO INSTRUCTOR AVAILABILITY PLEASE CHECK THE WHITE BOARD ON THE FITNESS FLOOR FOR CLASS SCHEDULE INFO

Classes Requiring Tickets:
 Classes with a star (*) after the title may require a ticket. Tickets can be obtained on the fitness floor 30 min. prior to the class. Only members who are present and able to pick up their own ticket will be given one. Tickets are first come first serve.

Class Location Description:
 F = Large Group Fitness Room
 C = Cycle Room
 Y = Yoga Room
 O = Outside on Sports Field
 G = Gym
 L1-3 = class levels (beginner to advanced)

Cycle Schedule

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:15am Variety Pack Julianna L-1-3	9:00 - 9:45am Multi Terrain Anne - L1-3 - C	5:30-6:15am Cycle Revolution Kristi L-2-3-C	9:00 - 9:45am Multi Terrain Anne - L1-3 - C	5:30-6:15am Cycle Melanie L-1-3-C	9:15 - 10:00am Cycle 12/1 - Tiffany 12/8 - Anne 12/15 - Tiffany 12/22 - Ali 12/29 - Cheryl L1-3 - C	1:15 - 2:15pm Cycle Tonya-L2-C
9:30 - 10:15am Cycle Bo -L2 -C	6:30 - 7:30pm Cycle Ali -L1-3 C	9:15 - 10:30am Cycle Cross Cheryl L2-3-C <i>*class starts in Fitness room</i>	6:30 - 7:30pm Cycle Jessi -L1-3 -C	9:30 - 10:15am Cycle Bo - L1-3-C		

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Mind and Body Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:20 - 11:20am Beginner Yoga* Terri - L1-2 - F	9:10 - 10:20am Mixed Levels Yoga Terri -L1-3-F	9:00 - 10:00am Gentle Yoga/Deep Stretch* Ann - L1-3-Y	5:15 - 6:00am Mixed Levels Yoga Tammy - L1-3 - Y	9:00 - 10:15am Heated Yoga-Series of 26 Poses Lisa - L2-3 - Y	10:30 - 11:45am Power Yoga* Terri/ Ronnee 12/1 - Jessi 12/8 - Sibylle 12/15 - Terri 12/22 - Ronnee 12/29 - Ronnee L-1-3-F	4:15 - 5:15pm Yoga Mixed Levels April- L 1-3 - F
6:30 - 7:30pm Pilates Mitch/Barbie L1-3-Y		10:10 - 11:00am Beginner Yoga Shelley - L1-2 - Y	8:00 - 8:55am Pilates Kim K. - L2 - Y	10:20 - 11:35am Beginner Yoga Pam G. - L1-2 - Y		
		10:15 - 11:15am Alignment Based Yoga Betsey - L1-3 - F	9:00 - 10:15am Mixed Levels Yoga Terri - L1-3 - Y			
		6:00 - 7:15pm Yoga for Athletes Caroline - L2-3 - F				

CHANGES FOR DECEMBER:

Saturday Cycle is now an instructor rotation
Thursday evening Cycle is now with Jessi



Please note if class is held in Yoga Room or group fitness room