

Group Fitness Schedule

1785 Gold Hill Road, Fort Mill, SC 29708

December 2018

Gold Hill YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:15am Custom Cuts Shelly- L2-3 - F	5:15 - 6:00am Cycle Janet/Eileen - L2-3 - C	5:30 - 6:15am HIRT Katie - L1-3 - F	5:15 - 6:00am Athletic Conditioning Janet - L1-3 - F	5:15 - 6:00am Custom Cuts Lori H - L2 - F	8:00 - 8:55am Cardio Funk Rotation* 12/1 - Amanda 12/8 - Trellis 12/15 - Jaime 12/22 - Angie 12/29 - Courtney L1-3-F	
8:10 - 9:05am HIRT Paige - L2-3 - F	7:00 - 8:00am Hatha Yoga-Series of 26 Poses Lisa - L1-3 - F	8:10 - 9:10am Beginner Zumba Toning Don - L1-2 - F	5:15 - 6:00am Cycle Eileen/Amanda-L1-3-C	6:15 - 6:30am Abs Lab Lori H - L2 - F		
9:15 - 10:10am Wurk it!* Marcea - L2-3 - F	8:10 - 9:10am CardioFunk and Pump Julie Z - L1-3 - F	9:15 - 10:10am Cycle Anne- L1-3 C	8:10 - 9:10am Beginner Zumba * Don - L1-2 - F	8:00 - 8:45am Custom Cuts Denise - L1-3-F	9:00 - 10:00am Custom Cuts Rotation* 12/1 - Julie Z 12/8 - Kim K 12/15 - Angie 12/22 - Kim K 12/29 - Julie Z L1-3-F	
9:15 - 10:00am Cycle Tiffany - L1-3 - C	9:15 - 10:00am Yoga Tina - L1-3 - F	9:30 - 10:15am HIRT Beth E. - L1-3 - F	9:30 - 10:15am Sweatshop Bethany - L2-3 - F	9:00 - 9:50am CardioFunk Tara - L1-3 - F		
10:30 - 11:00am Power Sculpt Bethany - L1-2 - F	10:10am - 11:10am Zumba Gold* Don - L1-2 - F	10:30 - 11:30am Nia Sherrie - L1-3 - F	10:40 - 11:55am Yoga Mixed Levels Terri - L1-3 - F	9:15 - 10:00am Cycle Tiffany - L1-3-C	8:45am - 9:30am Cycle Rotation* 12/1 - Jessi 12/8 - Tiffany 12/15 - Anne 12/22 - Bo 12/29 - NO CLASS L1-3-C	
11:30 - 12:30pm Nia Demi - L1-3 - F	11:30 - 12:10pm Silver Sneakers Classic Bethany - L1 - F	11:30 - 12:15pm Nia Basic Breakdown Sherrie - L1 - F	5:15 - 6:00pm Power Sculpt Julie Z - L1-3-F	10:00 - 10:45am Shape and Flex Sibylle - L1-2 - F		
5:15 - 6:10pm Step N Sculpt Anne - L1-3-F	12:20 - 1:00pm Simply Stretch Bethany - L1 - F	5:25 - 6:15pm Hatha Yoga Lisa - L1-2 - F	6:00 - 6:45pm Cardio Express Julie Z - L1-3-F	10:45 - 11:30am YoPi Sibylle -L1-3-F		
6:30 - 7:30pm CardioFunk Tara - L1-3-F	5:00 - 6:00pm Nia Sandra - L1-3 - F	6:30 - 7:15pm Custom Cuts Anne A -L1-3 -F	7:00 - 7:55pm Zumba Trellis - L1-3-F	11:35 - 12:35pm Nia Sherrie/Demi L1-3 -F		
6:00 - 6:45pm Cycle Lori G L1-3-C	6:30 - 7:15pm Barre Julie Z- L1-3 - F					

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 DECEMBER:
Tuesday morning CardioFunk has been revised to Cardio Funk and Pump (some weights may be required)
Friday early AM Custom Cuts now begins at 5:15am

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

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



