

Group Fitness Schedule

1785 Gold Hill Road, Fort Mill, SC 29708

January 2019

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* 1/5 - Julie Z 1/12 - Amanda 1/19 -Angie 1/26 - Julie Z 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* 1/5 - Julie Z 1/12 - Kim K 1/19 - Kim K 1/26 - 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 Hip Hop Step Steph - 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* 1/5 - Tiffany 1/12 - Tiffany 1/19 - Anne C 1/26 - Tiffany 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	2:00 - 3:00pm Nia Moving 2 Heal Sandra - L1-2-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	5:15 - 6:00pm Power Sculpt Julie Z - L1-3-F	10:45 - 11:30am YoPi Sibylle -L1-3-F		
6:30 - 7:15pm Hip Hop Step Steph - L1-3-F	5:00 - 6:00pm Nia Sandra - L1-3 - F	6:30 - 7:15pm Custom Cuts Anne A -L1-3 -F	6:00 - 6:45pm Cardio Express Julie Z - 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		7:00 - 7:55pm Zumba Trellis - 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:
Monday evening CardioFunk is now Hip Hop Step
Thursday afternoon Nia Moving 2 Heal has been added
Friday morning CardioFunk is now Hip Hop Step

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



