

# Group Fitness Schedule

1785 Gold Hill Road, Fort Mill, SC 29708

February 2019

**Gold Hill YMCA**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:15am <b>Custom Cuts</b> Shelly- L2-3 - F	5:15 - 6:00am <b>Cycle</b> Janet/Eileen - L2-3 - C	5:30 - 6:15am <b>HIRT</b> Katie - L1-3 - F	5:15 - 6:00am <b>Athletic Conditioning</b> Janet - L1-3 - F	5:15 - 6:00am <b>Custom Cuts</b> Lori H - L2 - F	8:00 - 8:55am <b>Cardio Funk Rotation*</b> 2/2 - Amanda 2/9 - Julie Z 2/16 - Jaime 2/23 - Julie Z L1-3-F	
8:10 - 9:05am <b>HIRT</b> Paige - L2-3 - F	7:00 - 8:00am <b>Hatha Yoga-Series of 26 pos</b> Lisa - L1-3 - F	8:10 - 9:10am <b>Beginner Zumba Toning</b> Don - L1-2 - F	5:15 - 6:00am <b>Cycle</b> Eileen/Amanda-L1-3-C	6:15 - 6:30am <b>Abs Lab</b> Lori H - L2 - F		
9:15 - 10:10am <b>Wurk it!*</b> Marcea - L2-3 - F	8:10 - 9:10am <b>CardioFunk and Pump</b> Julie Z - L1-3 - F	9:15 - 10:10am <b>Cycle</b> Anne- L1-3 C	7:00 - 8:00am <b>Hatha Yoga-Series of 26 pos</b> Lisa - L1-3 - F	8:00 - 8:45am <b>Custom Cuts</b> Denise - L1-3-F	9:00 - 10:00am <b>Custom Cuts Rotation*</b> 2/2 - Anne A 2/9 - Julie Z 2/16 - Kim K 2/23 - Julie Z L1-3-F	
9:15 - 10:00am <b>Cycle</b> Tiffany - L1-3 - C	9:15 - 10:00am <b>Yoga</b> Tina - L1-3 - F	9:30 - 10:15am <b>HIRT</b> Beth E. - L1-3 - F	8:10 - 9:10am <b>Beginner Zumba *</b> Don - L1-2 - F	9:00 - 9:50am <b>Hip Hop Step</b> Steph - L1-3 - F		
10:30 - 11:00am <b>Power Sculpt</b> Bethany - L1-2 - F	10:10am - 11:10am <b>Zumba Gold*</b> Don - L1-2 - F	10:30 - 11:30am <b>Nia</b> Sherrie - L1-3 - F	9:30 - 10:15am <b>Sweatshop</b> Bethany - L2-3 - F	9:15 - 10:00am <b>Cycle</b> Tiffany - L1-3-C	8:45am - 9:30am <b>Cycle Rotation*</b> 2/2 - Tiffany 2/9 - Anne C 2/16 - Bo 2/23 - Tiffany L1-3-C	
11:30 - 12:30pm <b>Nia</b> Demi - L1-3 - F	11:30 - 12:10pm <b>Silver Sneakers Classic</b> Bethany - L1 - F	11:30 - 12:15pm <b>Nia Basic Breakdown</b> Sherrie - L1 - F	10:40 - 11:55am <b>Yoga Mixed Levels</b> Terri - L1-3 - F	10:00 - 10:45am <b>Shape and Flex</b> Sibylle - L1-2 - F		
5:15 - 6:10pm <b>Step N Sculpt</b> Anne - L1-3-F	12:20 - 1:00pm <b>Simply Stretch</b> Bethany - L1 - F	5:25 - 6:15pm <b>Hatha Yoga</b> Lisa - L1-2 - F	2:00 - 3:00pm <b>Nia Moving 2 Heal</b> Sandra - L1-2-F	10:45 - 11:30am <b>YoPi</b> Sibylle -L1-3-F		
6:30 - 7:15pm <b>Hip Hop Step</b> Steph - L1-3-F	5:00 - 6:00pm <b>Nia</b> Sandra - L1-3 - F	6:30 - 7:15pm <b>Custom Cuts</b> Anne A -L1-3 -F	5:15 - 6:00pm <b>Power Sculpt</b> Julie Z - L1-3-F	11:35 - 12:35pm <b>Nia</b> Sherrie/Demi L1-3 -F		
6:00 - 6:45pm <b>Cycle</b> Lori G L1-3-C	6:30 - 7:15pm <b>Barre</b> Julie Z- L1-3 - F		6:00 - 6:45pm <b>Cardio Express</b> 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 FEBRUARY:**  
Thursday morning Hatha Yoga - Series of 26 poses has been added to the schedule

**How to read the 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

7:00 - 7:55pm  
**Zumba**  
Trellis - L1-3-F



