

# Group Fitness Schedule

1785 Gold Hill Road, Fort Mill, SC 29708

April 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> 4/6 - NO CLASS 4/13 - Tara 4/20 - Trellis 4/27 - Angie 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</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> 4/6 - Tiff C 4/13 - Kim Smith 4/20 - Kim Smith 4/27 - Kim K 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> 4/6 - Bo 4/13 - Tiffany 4/20 - Jessi 4/27 - Anne C 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>Yin 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> Melissa- L1-3 - F		7:00 - 7:55pm <b>Zumba</b> 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 APRIL:**  
Thursday evening CardioExpress has been removed

**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



# Active Adult Fitness Schedule

April 2019

857 Promenade Walk, Fort Mill, SC 29708

1785 Gold Hill Road, Fort Mill, SC 29708

**Fort Mill Baxter YMCA**

**Gold Hill YMCA**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:20 - 11:20am <b>Beginner Yoga*</b> Terri- L1-2 - F BAXTER	10:10am - 11:10am <b>Zumba Gold*</b> Don - L1-2 - F GOLD HILL	8:10 - 9:10am <b>Beginner Zumba Toning</b> Don - L1-2 - F GOLD HILL	10:30 - 11:30am <b>Shape and Flex</b> Denise - L1-2 - F BAXTER	10:30 - 11:15am <b>Silver Sneakers Circuit</b> Jett - L2 - F BAXTER	9:30 - 10:25am <b>Zumba Gold*</b> Don - L1-2 - F BAXTER
11:15 - 12:15pm <b>Nia</b> Demi - L1-3 - F GOLD HILL	10:30 - 11:30 <b>Shape and Flex*</b> Sibylle - L1-2 - F BAXTER	10:00 - 11:00am <b>Beginner Yoga</b> Shelly - L1-2 - F BAXTER	2:00 - 3:00pm <b>Nia Moving 2 Heal</b> Sandra - L1-2-F GOLD HILL	11:35 - 12:35pm <b>Nia</b> Sherrie/Demi L1-3 -F GOLD HILL	
11:30am-12:20pm <b>Silver Sneakers Classic</b> Bethany - L1 - F BAXTER	11:30 - 12:10pm <b>Silver Sneakers Classic</b> Bethany - L1 - F GOLD HILL	10:30 - 11:30am <b>Nia</b> Sherrie - L1-3 - F GOLD HILL		1:15-2:00pm <b>Silver Sneakers Classic/Circuit</b> Carol - L1-3 BAXTER	
12:25 - 1:10pm <b>Simply Stretch</b> Bethany - L1-- F BAXTER	12:20 - 1:00pm <b>Simply Stretch</b> Bethany - L1 - F GOLD HILL	11:30 - 12:15pm <b>Nia Basic Breakdown</b> Sherrie - L1 - F GOLD HILL			
1:15 - 2:00pm <b>Silver Sneakers Classic</b> Bethany - L1 - F BAXTER	5:00 - 6:00pm <b>Nia</b> Sandra - L1-3 - F GOLD HILL	11:30 - 12:20pm <b>Silver Sneakers Classic</b> Bethany L-1 F BAXTER			
		1:15 - 2:00pm <b>Silver Sneakers Classic</b> Bethany L1-F BAXTER			



\* Tickets are required for these classes

\*\*Some classes are offered at different locations;  
be sure to check the location on the schedule!