

Group Fitness Schedule

1785 Gold Hill Road, Fort Mill, SC 29708

March 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* 3/2 - Amanda 3/9 - Jaime 3/16 - Amanda 3/23 -Trellis 3/30 - Angie L1-3-F	
8:10 - 9:05am HIRT Paige - L2-3 - F	7:00 - 8:00am Hatha Yoga-Series of 26 pos 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	7:00 - 8:00am Hatha Yoga-Series of 26 pos Lisa - L1-3 - F	8:00 - 8:45am Custom Cuts Denise - L1-3-F	9:00 - 10:00am Custom Cuts Rotation* 3/2 - Julie Z 3/9 - Julie Z 3/16 - TBD 3/23 -Kim K 3/30 - Kim Smith 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	8:10 - 9:10am Beginner Zumba * Don - L1-2 - 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	9:30 - 10:15am Sweatshop Bethany - L2-3 - F	9:15 - 10:00am Cycle Tiffany - L1-3-C	8:45am - 9:30am Cycle Rotation* 3/2 - Jessi 3/9 - Anne C 3/16 - 180 RIDE at BAXTER 3/23 -Tiffany	
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	10:40- 11:55am Yoga Mixed Levels Terri - 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 Yin Yoga Lisa - L1-2 - F	2:00 - 3:00pm Nia Moving 2 Heal Sandra - L1-2-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	5:15 - 6:00pm Power Sculpt 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		6:00 - 6:45pm Cardio Express 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 MARCH:
Wednesday evening Yoga is now Yin Yoga

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



