



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

YMCA AT CAROLINA CROSSING – MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00AM-6:00PM Program Use	8:00AM-6:00PM Program Use	8:00AM-6:00PM Program Use	8:00AM-6:00PM Program Use	8:00AM-6:00PM Program Use	Information: New Classes: *****NOTICE***** **** Please continue to try our new Aerobics classes!!! Pick up a list of class descriptions from the front desk... Please note that instructors and classes are subject to change. NOTES: L – LEVEL C – CHOREOGRAPHY L1-BEGINNER L2-INTERMEDIATE L3-ADVANCED C1-LITTLE/NO C2-LOW LEVEL C3-HIGH LEVEL	
	6:00-7:00 PM Interval Training w/Stephanie L1-3					
		7:30-8:20 PM Zumba Core w/Tina All Levels C1-3				

Hours:

Monday – Friday 5:00 AM - 9:30 PM
 Saturday - 8:00 AM – 6:00 PM
 Sunday – 1:00 – 6:00 PM

UPPER PALMETTO YMCA – YMCA at Carolina Crossing
www.UPYMCA.org

Childwatch Hours:

Monday – 8:30 – 10:30 AM; 5:30 – 7:30 PM
 Tuesday – 8:30 – 10:30 AM; 5:30 – 7:30 PM
 Wednesday – 8:30 – 10:30 AM; 5:30 – 7:30 PM
 Thursday – 8:30 – 10:30 AM; 5:30 – 7:30 PM
 Friday – 8:30 – 10:30 AM