FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS CENTER GROUP EXERCISE SCHEDULE MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step/Sculpt Crystie L1-3 6-6:45am	**SPIN** w/Trish 5:45-6:30am	**Step/Sculpt** Crystie L1-3 6:00-6:45am	**SPIN** w/Trish 5:45-6:30am	**SPIN** w/Trish 5:00-6:00am		**Sculpt & Sweat** w/ Elaine L 2-3 CO 2:00-3:00pm
Spin Combo w/Trish L 2-3 C1-2 8:15-9:15am	Cardio Strength/ Core Mix W/Diane L 2-3 8:30-9:30	**Spin Combo** w/Trish L 2-3 C1-2 8:15-9:15am	Sculpt & Sweat Express W/ Jo D 8:30am-9:15am	**Step/Sculpt** W/Crystie L1-3 6:00-6:45am	**Step** 9:30-10:30 W/Crystie	
Fit over 50! W/ Sylvia L1-2 CO 9:20-10:20am	**YO – CHI** W/ Colleen 10:30-11:30am L2-3	**Fit over 50!** W/ Sylvia L1-2 C-O 9:20-10:20am	**Beginner/Gentle Yoga** W/Sheila 10:15-11:15am	Sculpt/Core w/Mickey L1-3 8:15-9:15am		
Step/Sculpt W/Colleen 10:30-11:35am L2-3-C1	**Beginner/Gentle Yoga** W/Barbara 11:45-12:45pm	**Sculpt & Sweat** Interval w/Colleen L2-3 C1 10:30-11:30am	**Sculpt & Spin** W/ Melissa L2-3 C2 4:30-5:30pm	**Pilates** w/ Colleen 10:30-11:30am L1-3 C0		
Pilates W/Colleen L1-3 C0 12:00-1:00pm	**Step** W/Crystie L1-3 C-2 5:15-6:15pm	**Pilates** W/Colleen L1-3 C0 12:00-1:00pm	Zumba W/ Sandra 6:00 – 7:00pm	**Sit to be Fit** w/ Sylvia LI CO 2:00-3:00pm	SPIN SCHEDULE Tues – 5:45am - 6:30am W/ Trish Thurs- 5:45am – 6:30am W/ Trish Friday- 5:00am – 6:00am W/Trish	
Sit to be Fit w/ Sylvia LI CO 2:00-3:00pm	**Zumba Express** w/Alicia 6:30-7:25pm	**Sit to be Fit** w/ Sylvia L1- CO 2:00-3:00pm	**Sculpt & Sweat** w/ Elaine L2-3 CO 7:30-8:30pm	**Sculpt/ Sweat** w/ Crystie L2-3 CO 4:10-5:00pm		
Cardio/Strength w/ Mickey/Diane L1-3 C1-2 5:30-6:30pm	**Sculpt & Sweat** W/Elaine L2-3 C0 7:30-8:30pm	**Sculpt & Sweat** w/Melissa L2-3 CO 4:30-5:25pm				
		HIRT **H**igh Intensity Resistance Training w/ Jordan 5:30 - 6:15 pm			********NEWS******** Class time change: Pilates will start @ 10:30 on Fridays	
		Zumba W/Katie 6:15 – 7:15pm				

L – Level
L1 – Beginner
L2 – Intermediate
L3 – Advanced

C- Choreography
C0 - Little/No
C1 – Low Level
C2 – Intermediate
C3 – High Level

Hours of Operation:
Mon - Fri – 5:00am - 9:30pm
Saturday – 7:30am – 6:00pm
Sunday – 1:00 pm – 6:00pm

Child Watch Hours:
Mon - Fri - 8:00am – 12:00pm
Saturday – 8:30am – 12:00pm
Mon –Thu - 3:30pm – 7:30pm
Friday – 3:30pm – 6:00pm

UPPER PALMETTO YMCA – WELLNESS CENTER – 1735 Heckle Blvd – 366-9622
www.UPYMCA.org