

Group Fitness Schedule

1785 Gold Hill Road, Fort Mill, SC 29708

June 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* 6/1 - Julie Z 6/8 - Angie 6/15 - Dominique 6/22 - NO CLASS 6/29 - Angie L1-3-F	
8:10 - 9:05am HIRT Paige - L2-3 - F	7:00 - 8:00am Hatha 26 Lisa - L1-3 - F	8:10 - 9:10am Zumba Gold 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	9:00 - 10:00am Custom Cuts Rotation* 6/1 - Kim K 6/8 - Kim Smith 6/15 - Tiff 6/22 - NO CLASS 6/29 - Angie L1-3-F	
9:15 - 10:10am CardioFunk Marcea - L2-3 - F	8:10 - 9:10am CardioFunk Julie Z - L1-3 - F	9:15 - 10:10am Cycle Anne- L1-3 C	7:00 - 8:00am Hatha 26 Lisa - L1-3 - F	8:00 - 8:45am Custom Cuts Denise - 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 Zumba Gold Don - L1-2 - F	9:00 - 9:50am Hip Hop Step Steph - L1-3 - F		
10:30 - 11:00am Fit Over 50 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 Fit Over 50 Bethany - L2-3 - F	9:15 - 10:00am Cycle Tiffany - L1-3-C	8:45am - 9:30am Cycle Rotation* 6/1 - Tiffany 6/8 - Jessi 6/15 - Tiffany 6/22 - Cheryl 6/29 - Tiffany L1-3-C	
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 Mixed Level Yoga Terri - L1-3 - F	10:00 - 10:45am Muscle Blast 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 Fusion 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 Muscle Blast 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 Melissa- L1-3 - F		7:00 - 7:55pm Zumba 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 JUNE:
No CardioFunk OR Custom Cuts on 6/22

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



