

Group Fitness Schedule

1785 Gold Hill Road, Fort Mill, SC 29708

September 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 - 6:15am Custom Cuts Lori H - L2 - F	8:00 - 8:55am Cardio Funk Rotation* 9/7 - Jaime 9/14 - Tara 9/21 - Amanda 9/28 - 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	8:00 - 8:45am Custom Cuts Denise - 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 Jessi- L-1-3 C	7:00 - 8:00am Hatha 26 Lisa - L1-3 - F	9:00 - 9:50am Hip Hop Step Steph - L1-3 - F	9:00 - 10:00am Custom Cuts Rotation* 9/7 - Tiff C 9/14 - Kim K 9/21 - Julie Z 9/28 - Angie 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	9:15 - 10:00am Cycle Tiffany - L1-3-C		
10:30 - 11:00am Fit Over 50 Bethany - L1-2 - F	10:10am - 11:10am Zumba Gold* Don - L1-2 - F	5:25 - 6:15pm Yin Yoga Lisa - L1-2 - F	9:30 - 10:15am Fit Over 50 Bethany - L2-3 - F	10:00 - 10:45am Latin Dance Sibylle - L1-2 - F	8:45am - 9:30am Cycle Rotation* 9/7 - Tiffany 9/14 - Bo 9/21 - Leonard 9/28 - Tiffany L1-3-C	
11:15am - 12:00pm CardioFunk Lite Angie - L1-3 - F	11:30 - 12:10pm Silver Sneakers Classic Bethany - L1 - F	6:30 - 7:15pm Custom Cuts Anne A -L1-3 - F	10:40- 11:55am Mixed Level Yoga Terri - L1-3 - F	10:45 - 11:30am YoPi Fusion Sibylle -L1-3-F		
5:15 - 6:10pm Step N Sculpt Christine - L1-3-F	12:20 - 1:00pm Simply Stretch Bethany - L1 - F		5:15 - 6:00pm Muscle Blast Julie Z - L1-3-F			
6:30 - 7:15pm Hip Hop Step Steph - L1-3-F	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 SEPTEMBER:
Labor Day: CLOSED. Baxter Close is open 10am-3pm
Monday morning CardioFunk Lite has been added
Monday evening Cycle has been removed from the schedule at this time - looking for an instructor
Friday morning Muscle Blast is now Latin Dance

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



