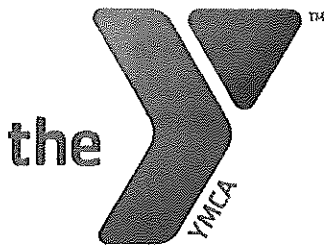


GROUP EXERCISE

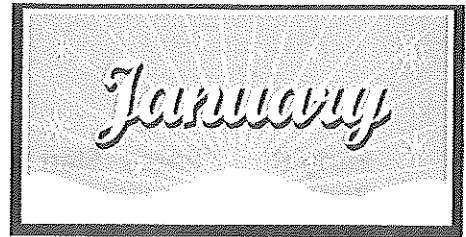
Hartsville Family YMCA Group Exercise and Cycling Schedule

www.upperpymca.org or "like" us on Facebook as YMCA of the Upper Pee Dee!



For Youth Development
For Healthy Living
For Social Responsibility

Mondays		
5:15-6:00AM	Group Cycling	Studio C Rotation
6:00-7:00AM	Boot Fit	Rotation Andy/Kassie
8:00-8:45AM	Early Riser	Studio B Terrie
8:00-8:45AM	Tone &Tighten	Studio A Meredith
8:30-9:30AM	Group Cycling	Studio C Nique
8:45-9:30AM	Three C's	Studio A Janice
9:30-10:30AM	Pilates	Studio A Rebeka
9:30-10:30AM	Kickboxing	Studio B Avanti
12:10-12:45PM	Boot Fit	Rotation Andy/Kassie
12:15-1:15PM	Step 2 Fitness	Studio A Sheila
4:30-5:30PM	Sculpt & Tone	Studio A Janie
5:30-6:30PM	Group Cycling	Studio C Kim
5:30-6:30PM	Cardio/step/cond.	Studio A Janie
6:00-7:00PM	Boot Fit	Rotation Andy/Kassie
6:30-7:30PM	Zumba	Studio A Laverne
Tuesdays		
5:30-6:00AM	Early Pilates	Studio A Nancy
7:00-7:55AM	Hot Yoga	Studio B Joni
7:45-8:25AM	AM Stretch	Studio A James
8:05-9:00AM	Classic Yoga	Studio B Joni
8:30-9:15AM	Power Pump	Studio A Meredith
9:30-10:30AM	Pilates	Studio A Carly
12:15-12:45PM	Quick Fit	Studio A Lea
12:15-1:00PM	Sweatin'	Gym Aric
5:30-6:30PM	Evening Yoga	Studio B Joni
5:30-6:30PM	Maximum Power	Studio A Lea
6:30-7:30PM	Kickboxing	Studio A Avanti
Wednesdays		
5:15-6:00AM	Group Cycling	Studio C Rotation
6:00-7:00AM	Boot Fit	Rotation Andy/Kassie
8:00-8:45AM	Early Riser	Studio A Terrie
8:30-9:30AM	Group Cycling	Studio C Lori
8:45-9:30AM	Three C's	Studio A Janice
9:30-10:30AM	Pilates	Studio A Rebeka
9:30-10:30AM	Kickboxing	Studio B Avanti
12:10-12:45PM	Boot Fit	Rotation Andy/Kassie
12:15-1:15PM	Step 2 Fitness	Studio A Sheila
4:30-5:30PM	Sculpt & Tone	Studio A Janie
5:30-6:30PM	Group Cycling	Studio C Lenora
5:30-6:30PM	Cardio/step/cond.	Studio A Janie
6:00-6:45PM	Boot Fit	Rotation Andy/Kassie
6:30-7:30PM	Zumba	Studio A Laverne
Thursdays		
5:00-7:45AM	Insanity/P90X	Studio A Staff
5:30-6:00AM	Early Pilates	Studio A Nancy
7:00-7:55AM	Hot Yoga	Studio B Joni
8:05-9:00AM	Classic Yoga	Studio B Joni
8:30-9:15AM	Pilates I	Studio A Carly
9:30-10:30AM	Heart C.Train	Studio A Mere
9:15-10:15AM	Group Cycling	Studio C Nique
12:15-1:00PM	Sweatin'	Gym Aric
12:15-12:45PM	Quick Fit	Studio A Lea
5:30-6:30PM	Evening Yoga	Studio B Joni
5:30-6:30PM	Maximum Power	Studio A Lea
6:30-7:30PM	Kickboxing	Studio A Avanti
Fridays		
5:15-6:00AM	Group Cycling	Studio C Rotation
5:30-6:00AM	Early Pilates	Studio A Nancy
6:15-7:45AM	Insanity/P90X	Studio A Staff
8:00-8:45AM	AM Stretch	Studio A James
8:30-9:30AM	Group Cycling	Studio C Terrie
9:30-10:30AM	Upper Body	Studio A Lori
12:15-1:15PM	Step 2 Fitness	Studio A Sheila
Saturdays		
9:00-10:00AM	Fit w/Hip/Zumba	Studio A Wyndee
10:00-11:00AM	Group Cycling	Studio C Rotation
Sundays		
3:00-4:00PM	Group Cycling	Studio C Rotation



January 2012

Happy New Year !

We are thrilled to have Avanti Blakney teaching Kickboxing on Mon.&Wed. @ 9:30AM, Studio B AND on Tues. & Thurs. @ 6:30 PM, studio A. Come try a great full body workout, all levels welcomed.

Welcome back Kassie Castle! Kassie will be in the Fitness Center some and instructing Boot Fit classes.

Insanity video's are always available when studio A or Teen Center is not in use. Fitness Center staff member can assist you.

Early Riser Stretch will meet in studio B on Monday's.

*See the reverse side of this schedule for class descriptions and important information.

Highlighted classes are during Kids' Club/ Nursery Hours.

REMEMBER to always bring a towel and some water with you to any group exercise class!

Questions?

Call Membership Director Terrie Reames at 383-4547.