



# YMCA of the Upper Pee Dee- Darlington

Group Exercise Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9:00AM						
8:30-9:30AM	Energizing Aerobics-EX Studio/ Polly	Energizing Aerobics-EX Studio/ Polly	Energizing Aerobics-EX EX Studio/ Polly	Energizing Aerobics-EX Studio/ Polly	Energizing Aerobics-EX Studio/ Polly	
5:30-5:55PM						