



# 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<br>Studio/ Polly | Energizing Aerobics-EX<br>Studio/ Polly | Energizing Aerobics-EX<br>EX Studio/ Polly | Energizing Aerobics-EX<br>Studio/ Polly | Energizing Aerobics-EX<br>Studio/ Polly |          |
| 5:30-5:55PM             |   |   |  |   |   |          |

