



YMCA of the Upper Pee Dee- Darlington

Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30AM	Energizing Aerobics-EX Studio/ Polly	Energizing Aerobics-EX Studio/ Polly	Energizing Aerobics- EX Studio/ Polly	Energizing Aerobics-EX Studio/ Polly		Last updated: 1/13/21