



# YMCA OF THE UPPER PEE DEE- CHESTERFIELD

Group Exercise Class Schedule					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9-10:00AM</b>	Yoga- Studio   Deborah		Yoga- Studio   Deborah		
<b>10-11:00AM</b>	Silver Sneakers- Studio   Betsy			Silver Sneakers- Studio   Betsy	
<b>11AM-12:00PM</b>		Arthritis Class -Studio			
<b>5:30-6:30PM</b>		Zumba- Studio   Tracy	Zumba- Studio   Tracy		
<b>6-7:00PM</b>	Yoga- Studio   Deborah		Yoga- Studio   Deborah		



Studio  
Classes



Yoga



Senior

**Hours of operation:**

Monday-Thursday: 5AM-9PM

Friday: 5AM-6PM

Saturday: 9AM-3PM

Sunday: 1PM-5PM

**NOTE:** Spin class will be offered on demand.

## Studio

**Pilates:** This pilates mat class focuses on strengthening the core, improving flexibility, and enhancing balance. **Stretch:** Get ready for your day with a stretch and flexibility workout!

**Seated Tai Chi:** Gentle, rhythmic exercise choreographed to meditative music. Hits every joint & muscle group! Combines balance, breathing exercises, & seated movements with quiet meditation.

## Yoga

**Classic Yoga:** This multi-level yoga class is appropriate for all fitness levels. Sequences focus on building strength, balance, and flexibility leaving you feeling energized and invigorated.

## Senior

**Silver Sneakers:** This class is designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capabilities, physical fitness level and sense of well-being.

## Spin

Bikes are available for participants on a first-come first-serve basis. Arrive at least 10 minutes early for proper set up and adjustments to the bike. If you are a new rider, be sure to inform the instructor prior to your ride. The instructor will assist in bike adjustments to fit your leg and torso length. After set up, make sure all adjustments are secure. You are not allowed to change the pedals on the bike with ones you brought with you. It is your responsibility to wipe down the bike and the floor underneath your bike after your ride. If you perspire profusely, you may want to place a towel underneath your bike to help with the cleanup. There are cleaning stations in the room with supplies for your clean up. There is a height requirement for the cycles.