



YMCA OF THE UPPER PEE DEE- CHESTERFIELD

| Group Exercise Class Schedule | | | | | |
|-------------------------------|--------------------------------|---------------------------------|-----------------------|--------------------------------|--------|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| 8-9:00AM | Spin-Studio Anna | | | Spin-Studio Anna | |
| 9-10:00AM | Yoga-Studio Deborah | | Yoga-Studio Deborah | | |
| 10-11:00AM | Silver Sneakers-Studio Betsy | | | Silver Sneakers-Studio Betsy | |
| 5:00-6:00pm | Spin-Studio Beth | | | Spin-Studio Beth | |
| 5:30-6:30PM | | Zumba-Studio Tracy | Zumba-Studio Tracy | | |
| 6-7:00PM | Yoga-Studio Deborah | | Yoga-Studio Deborah | | |
| 6:30-7:30PM | | Hula Fitness-Studio Catherine | | | |



Studio Classes



Yoga



Senior

Hours of operation:

M-F: 5:00am – 7:00pm
 SAT: 8AM-1PM
 SUN: 1-5:00PM

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!

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.