



YMCA OF THE UPPER PEE DEE- CHESTERFIELD

Group Exercise Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8-9:00AM					
9-10:00AM	Yoga- Studio Deborah		Yoga- Studio Deborah		
10-11:00AM	Silver Sneakers- Studio Betsy			Silver Sneakers- Studio Betsy	
11AM-12PM		Arthritis Foundation Studio Beth			
6-7PM		Arthritis Foundation Studio Beth			
5:30-6:30PM		Zumba- Studio Tracy	Zumba- Studio Tracy		
6-7:00PM	Yoga- Studio Deborah		Yoga- Studio Deborah		



Studio
Classes



Yoga



Senior

Hours of operation:

M-F: 5:00am – 7:00pm

SAT: 8AM-1PM

SUN: 1-5:00PM

NOTE: **Yoga Nidra Meditation** will be held on **Sundays 3:30-4:30PM.**

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!

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.