



YMCA OF THE UPPER PEE DEE- HARTSVILLE

CHANGES! July 12th-17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-5:45AM			I-Cycling- Studio C Nique			
5:30-6:00AM		Pilates- Studio A Nancy		Pilates- Studio A Nancy		
6-6:55AM		TRX- TRX Room Shelley				
6:30-7:30AM				TRX- TRX Room Shelley		
7-7:55AM						
7:30-8:30AM		AM Yoga- Studio B Nique		Yoga - Studio B Sharman		
8-8:45AM	Stretch- Studio A Tara		Stretch- Studio A Tara		Stretch- Studio A Tara	
8:15-9:00AM		Abs & Glutes-Studio A Tara		Abs & Glutes-Studio A Tara		
8:30-9:15AM	Classic Yoga - Studio B Kathi		Classic Yoga - Studio B Kathi			
8:50-9:35AM	3C's - Racketball Court Tara		3C's- Racketball Court Brooke		Power Pump-Studio B Ashley	
9-9:45AM	Silver Sneakers - Studio A Tiffany	Power Pump -A- Ashley Senior Cycling -C- Nique	Silver Sneakers - Studio A Tara	Senior Cycling - C Studio C - Michelle	Silver Sneakers - Studio A Tara	
9:00-10AM						
9:45-10:30AM	Pilates - Studio A Brooke		Pilates Studio B - Brooke			
10-11:00AM	Water Aerobics - Pool Yuko	Water Aerobics- Pool Tiffany	Line Dancing - Studio A Emmie	Water Aerobics- Pool Tiffany	Water Aerobics - Pool Yuko	
11AM-12PM						Boot Fit-Gym Shanda
12-12:45PM	Yoga- Studio B Kathi					
12:10-12:45PM	Boot Fit- Gym Robbie	Boot Fit- Gym Robbie	Boot Fit- Gym Robbie	Boot Fit- Gym Robbie	Boot Fit- Gym Robbie	
12:15-12:45PM		Quick Fit-Studio A Lea		Quick Fit-Studio A Lea		
5:30-6:00PM						
5:30-6:30PM		Modern Yoga - Studio B Kathi	I-Cycling-Studio C- Brendan	Modern Yoga - Studio B Kathi		
5:45-6:30PM						
6-7:00PM	Boot Fit- Gym Robbie		Boot Fit- Gym Robbie			
6:15-7:00PM		Boot Fit -Gym Robbie		Boot Fit- Gym Robbie		

BootFit
 Yoga
 Water
 Senior
 Cycling
 Studio Classes

Hours of operation:

M-TH: 4:30AM-9 PM SAT: 7AM-3PM
 F: 4:30AM-7PM SUN: 1-6PM



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Group Exercise

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!

Three C's: An intense, but fun cardio, core, and conditioning workout.

Abs & Glutes: This is a 45 minute workout focusing on core strengthening and glutes.

Quick Fit: An in and out 30 minute workout offering light cardio and muscle conditioning. *This is a perfect class for lunch hour

Kidfit: Fitness class designed for small children involving dance, exercise, and and lots of fun movement.

Power Pump: Class that builds muscle, strength, endurance, sculpt, and tone your entire body with free weights.

TRX: Total body resistance exercise for all fitness levels. Increase your strength, stability, and mobility using your body weight to create resistance. Get a number at the front desk starting 30 minutes before class.

HITT: High intensity intervals of cardio and strength exercises to give you maximum results.

Barre: A non-impact class that is designed to strengthen, tone, and balance the entire body using the ballet barre and it's designed for dancers and non-dancers alike. Class included toning and muscle endurance exercises with an emphasis on the core, arms, glutes, and thighs.

Stretch for Flexibility: Strengthen, stretch, and improve flexibility in this noon class. A class for all levels with the intention of helping flexibility, balance, and movement. Focused predominantly on lengthening and releasing tight muscles and tendons through yoga poses, dance warm-ups, and deep, static stretches. Breathing exercise and relaxation to conclude the class.

Yoga

AM Yoga: Mind/body exercise that integrates slow movement and stretching with the breath. This practice includes sun salutations, standing, and reclining poses, backbends, forward bends, and twists.

Modern Yoga: This class is based in Hatha Yoga principles focusing on strength, balance, flexibility, and form. *Open to all levels.

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

Water

Aqua Jog: Low impact water aerobics class utilizes both shallow and deep ends of the pool using a flotation belt. You will use all of your muscle groups to ensure a great pool workout!

Water Aerobics: Great cardio workout that is gentle on your joints in our heated pool.

Bootfit

Bootfit: This is a quick class involving constantly varied, high-intensity, functional movements.

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.

Senior Cycling: This indoor cycling class is easy on the joints and will help improve cardio fitness. All ages are welcome.

Line Dancing: Line dancing is a popular form of dance in which everyone can participate, and it combines both the mental and physical aspects of exercise, thereby improving both memory skill and endurance! Most importantly, it's just plain fun!

Cycling

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. Youth Cycling ages 11 and up.