



YMCA OF THE UPPER PEE DEE- HARTSVILLE

Group Exercise Schedule

| | 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 | | AM Yoga- Studio B Nique | | | | |
| 8-8:45AM | Stretch- Studio A Tara | Abs & Glutes-Studio A Tara | Stretch- Studio A Tara | Abs & Glutes- Studio A Tara | Stretch- Studio A Tara | |
| 8:30-9:15AM | | | | | | |
| 8:50-9:35AM | Three C's- Studio A Tara | | Three C's- Studio A Brooke | | Power Pump- Studio A Ashley | |
| 9-9:45AM | Silver Sneakers- Gym Calvin | Senior Cycling-Studio C- Nique | Silver Sneakers- Gym Tara | | Silver Sneakers - Gym Tara/Calvin | |
| 9:00-10AM | | | | | | |
| 9:45-10:30AM | Pilates-Studio B Brooke | | Pilates- Studio B Brooke | | | |
| 10-11:00AM | | Water Aerobics- Pool Tiffany | | Water Aerobics- Pool Tiffany | | |
| 10-11:00AM | | | | | | |
| 11AM-12PM | | | | | | Boot Fit-Gym Shanda |
| 12-1:00PM | Yoga- Studio B Sharman | | Yoga- Studio B Sharman | | | |
| 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 | | | I-Cycling-Studio C- Brendan | | | |
| 5:45-6:30PM | | | Water Aerobics- Pool Tiffany | | | |
| 6-6:45PM | | Boot Fit- Gym Robbie | | Boot Fit- Gym Robbie | | |
| 6-7:00PM | Boot Fit- Gym Robbie | | Boot Fit- Gym Robbie | | | |

- BootFit
- Yoga
- Water
- Senior
- Cycling
- Studio Classes

Hours of operation:

M-TH:4:30AM-8PM
F: 4:30AM-7PM

SAT: 7AM-1PM
SUN: 1-5PM

Updated: 9-24-20



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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.

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.