



HARTSVILLE GROUP EXERCISE SCHEDULE

Presented by our community partner, SONOCO!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30AM		PILATES STUDIO A-NANCY		PILATES STUDIO A-NANCY		
6:30-7:30 AM		TRX TRX ROOM- SHELLY		TRX TRX ROOM- SHELLY		
7:30-8:30 AM		AM YOGA STUDIO B-NIQUE/MEGAN				
8:00-8:45 AM	STRETCH STUDIO A-MEGAN		STRETCH STUDIO A-MEGAN		STRETCH STUDIO A-MEGAN	
8:15-8:45 AM		ABS & GLUTES STUDIO A- JESS		ABS & GLUTES STUDIO A-JESS		
8:30-9:15 AM	CLASSIC YOGA STUDIO B-KATHI		CLASSIC YOGA STUDIO B-KATHI			
8:50-9:35 AM	THREE C'S STUDIO A- CHRIS		THREE C'S STUDIO A- CHRIS			
9:00-9:35 AM				HIIT WEIGHTS STUDIO A-BRYAN	POWER PUMP STUDIO A-ASHLEY	
9:00-9:45AM		POWER PUMP STUDIO A-ASHLEY INDOOR CYCLE STUDIO C-NIQUE		INDOOR CYCLE STUDIO C-MICHELLE		
9:00-10:00 AM	FOREVER FIT GYM-TIFFANY		FOREVER FIT GYM-TIFFANY		FOREVER FIT GYM-TIFFANY	
9:15-10:00 AM					GENTLE YOGA STUDIO B- KATHI	
9:45-10:20 AM	HIIT WEIGHTS STUDIO A-BRYAN	HIIT WEIGHTS STUDIO A-BRYAN	HIIT WEIGHTS STUDIO A-BRYAN		HIIT WEIGHTS STUDIO A-BRYAN	
10:00-10:45 AM				BOOTFIT GYM-BRYAN		
10:15-11:00 AM	WATER AEROBICS POOL-TIFFANY		WATER AEROBICS POOL-TIFFANY		WATER AEROBICS POOL-TIFFANY	
10:30-11:15 AM	BOOTFIT GYM-BRYAN	BOOTFIT GYM-BRYAN	BOOTFIT GYM-BRYAN		BOOTFIT GYM-BRYAN	
11:00AM-12:15PM						BOOTFIT GYM-ROBBIE
12:10-12:45 PM	BOOTFIT GYM-BRYAN	BOOTFIT GYM-BRYAN	BOOTFIT GYM-BRYAN	BOOTFIT GYM-TERESA	BOOTFIT GYM-TERESA	
12:15-12:45 PM		QUICK FIT STUDIO A- LEA		QUICK FIT STUDIO A- LEA		
5:15-6:00 PM						
5:30-6:30 PM		MODERN YOGA STUDIO B-KATHI		MODERN YOGA STUDIO B-KATHI		
5:45-6:45 PM				LINE DANCING UPSTAIRS- TERESA		
6:15-7:00PM	BOOTFIT GYM	BOOTFIT GYM-ROBBIE	BOOTFIT GYM	BOOTFIT GYM-ROBBIE		

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





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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 or lunch hour

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.

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.

Z Fusion: An energetic dance fitness class that combines choreographed routines, music, & fitness. This class is designed to provide a fun & effective way to work out.

Chair Stretch: Stretch, breathe, and flow effortlessly. In this chair based stretch and yoga class you'll be guided through a soft, easy flow practice tailored to your body's needs. Move in harmony with your breath at a pace that feels right for you.

Line Dancing: This fun, beginner-friendly class teaches easy to follow dance steps set to upbeat music. No partner needed. Enjoy a great workout while having a blast!

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

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

Forever Fit: 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.

Cycling

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

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.

Kids/Teens HIIT

Youth HIIT: HIIT (High Intensity Interval Training) is a brief, quick paced form of exercise that helps kids working memory and cognitive control. (ages 8+)