



# HARTSVILLE GROUP EXERCISE SCHEDULE

Presented by our community partner, SONOCO!



|                 | MONDAY                                     | TUESDAY                                                                              | WEDNESDAY                                      | THURSDAY                                      | FRIDAY                                                                                                | SATURDAY                                        |
|-----------------|--------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------|-----------------------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------|
| 5:30-6:30AM     |                                            | <div>PILATES<br/>STUDIO A-NANCY</div>                                                |                                                | <div>PILATES<br/>STUDIO A-NANCY</div>         |                                                                                                       |                                                 |
| 6:30-7:30 AM    |                                            | <div>TRX<br/>TRX ROOM- SHELLY</div>                                                  |                                                | <div>TRX<br/>TRX ROOM- SHELLY</div>           |                                                                                                       |                                                 |
| 7:30-8:30 AM    |                                            | <div>AM YOGA<br/>STUDIO B-NIQUE/MEGAN</div>                                          |                                                |                                               |                                                                                                       |                                                 |
| 8:00-8:45 AM    | <div>STRETCH<br/>STUDIO A-MEGAN</div>      |                                                                                      | <div>STRETCH<br/>STUDIO A-MEGAN</div>          |                                               | <div>STRETCH<br/>STUDIO A-MEGAN</div>                                                                 |                                                 |
| 8:15-8:45 AM    |                                            | <div>ABS &amp; GLUTES<br/>STUDIO A- JESS</div>                                       |                                                | <div>ABS &amp; GLUTES<br/>STUDIO A-JESS</div> |                                                                                                       |                                                 |
| 8:30-9:15 AM    | <div>CLASSIC YOGA<br/>STUDIO B-KATHI</div> |                                                                                      | <div>CLASSIC YOGA<br/>STUDIO B-KATHI</div>     |                                               |                                                                                                       |                                                 |
| 8:50-9:35 AM    | <div>THREE C'S<br/>STUDIO A- CHRIS</div>   |                                                                                      | <div>THREE C'S<br/>STUDIO A- CHRIS</div>       |                                               |                                                                                                       |                                                 |
| 9:00-9:35 AM    |                                            |                                                                                      |                                                | <div>HIIT WEIGHTS<br/>STUDIO A-BRYAN</div>    | <div>POWER PUMP<br/>STUDIO A-ASHLEY</div>                                                             |                                                 |
| 9:00-9:45AM     |                                            | <div>POWER PUMP<br/>STUDIO A-ASHLEY</div> <div>INDOOR CYCLE<br/>STUDIO C-NIQUE</div> |                                                | <div>INDOOR CYCLE<br/>STUDIO C-MICHELLE</div> |                                                                                                       |                                                 |
| 9:00-10:00 AM   | <div>FOREVER FIT<br/>GYM-TIFFANY</div>     |                                                                                      | <div>FOREVER FIT<br/>GYM-TIFFANY</div>         |                                               | <div>FOREVER FIT<br/>GYM-TIFFANY</div>                                                                |                                                 |
| 9:15-10:00 AM   |                                            |                                                                                      |                                                |                                               | <div>GENTLE YOGA<br/>STUDIO B- KATHI</div>                                                            |                                                 |
| 9:45-10:20 AM   | <div>HIIT WEIGHTS<br/>STUDIO A-BRYAN</div> | <div>HIIT WEIGHTS<br/>STUDIO A-BRYAN</div>                                           | <div>HIIT WEIGHTS<br/>STUDIO A-BRYAN</div>     |                                               | <div>HIIT WEIGHTS<br/>STUDIO A-BRYAN</div>                                                            |                                                 |
| 10:00-10:45 AM  |                                            |                                                                                      |                                                | <div>BOOTFIT<br/>GYM-BRYAN</div>              |                                                                                                       |                                                 |
| 10:15-11:00 AM  |                                            | <div>WATER AEROBICS<br/>POOL-TIFFANY</div>                                           | <div>WATER AEROBICS<br/>POOL-TIFFANY</div>     | <div>WATER AEROBICS<br/>POOL-TIFFANY</div>    | <div>WATER AEROBICS<br/>POOL-TIFFANY</div>                                                            |                                                 |
| 10:30-11:15 AM  | <div>BOOTFIT<br/>GYM-BRYAN</div>           | <div>BOOTFIT<br/>GYM-BRYAN</div>                                                     | <div>BOOTFIT<br/>GYM-BRYAN</div>               |                                               | <div>BOOTFIT<br/>GYM-BRYAN</div>                                                                      |                                                 |
| 11:00AM-12:15PM |                                            |                                                                                      |                                                |                                               |                                                                                                       | <div>BOOTFIT<br/>GYM-ROBBIE</div>               |
| 12:10-12:45 PM  | <div>BOOTFIT<br/>GYM-BRYAN</div>           | <div>BOOTFIT<br/>GYM-BRYAN</div>                                                     | <div>BOOTFIT<br/>GYM-BRYAN</div>               | <div>BOOTFIT<br/>GYM-TERESA</div>             | <div>BOOTFIT<br/>GYM-TERESA</div>                                                                     |                                                 |
| 12:15-12:45 PM  |                                            |                                                                                      |                                                |                                               |                                                                                                       |                                                 |
| 5:30-6:15 PM    |                                            |                                                                                      | <div>INDOOR CYCLE<br/>STUDIO C-CAROL ANN</div> |                                               |                                                                                                       |                                                 |
| 5:30-6:30 PM    |                                            | <div>MODERN YOGA<br/>STUDIO B-KATHI</div>                                            |                                                | <div>MODERN YOGA<br/>STUDIO B-KATHI</div>     |                                                                                                       |                                                 |
| 5:45-6:45 PM    |                                            |                                                                                      |                                                | <div>LINE DANCING<br/>UPSTAIRS- TERESA</div>  |                                                                                                       |                                                 |
| 6:15-7:00PM     | <div>BOOTFIT<br/>GYM</div>                 | <div>BOOTFIT<br/>GYM-ROBBIE</div>                                                    | <div>BOOTFIT<br/>GYM</div>                     | <div>BOOTFIT<br/>GYM-ROBBIE</div>             | <div>HOURS OF OPERATION:<br/>M-TH: 4:30AM-9PM<br/>F: 4:30AM-7PM<br/>SAT: 7AM-3PM<br/>SUN: 1-6PM</div> |                                                 |
|                 | <div>BOOTFIT</div>                         | <div>YOGA</div>                                                                      | <div>WATER</div>                               | <div>SENIOR</div>                             | <div>CYCLING</div>                                                                                    | <div>STUDIO CLASSES</div> <div>YOUTH HIIT</div> |



# HARTSVILLE GROUP EXERCISE SCHEDULE

**Presented by our community partner, SONOCO!**



## 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.