



# YMCA OF THE UPPER PEE DEE- CHESTERFIELD

## Group Exercise Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:30AM	Indoor Cycling- Studio Connie		Indoor Cycling- Studio Connie		Indoor Cycling- Studio Connie
6-7:00AM	Pilates- Studio Barbara				
10-11:00AM	Silver Sneakers- Studio Betsy			Silver Sneakers- Studio Betsy	
4:30-5:30pm				Hip Hop Fitness-Studio Jasmine	
5:30-6:30PM	Hip Hop Fitness-Studio Jasmine			Pilates- Studio Barbara	
6-7:00PM					



Studio  
Classes



Yoga



Senior



Cycling

### Hours of operation:

M-F: 5:00am – 7:00pm

SAT: 8AM-1PM

SUN: 1-5:00PM

### 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.

### 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.