

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

YMCA at
Carolina Crossing

117 Carolina Crossing Drive
upymca.org 803-628-9622

| Group Fit | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|-----------------------------|--------------------|--|--------------------------------------|--------|----------|
| 8:30 AM | Pilates (Sheri) L1-3/C-0 | Yoga (Ann) L1-3 | Bootcamp Abs& Core (Susan) L2-3/C-0 | | | |
| 6:00 PM | Yoga Flow (Sheri) Beg/Int | | Sculpt/Sweat (Diane) L1-3/C-0 | Zumba (Andrea) All Levels C1-3 | | |

| Aquatics Schedule | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|--|--|--|--|--|--|
| 8:00 AM | Family Swim (Open Swim) Self Motivated | Family Swim (Open Swim) Self Motivated | Family Swim (Open Swim) Self Motivated | Family Swim (Open Swim) Self Motivated | Family Swim (Open Swim) Self Motivated | |
| 9:00 AM | Water Aerobics Self Motivated | Arthritis Aquatics Self Motivated | Water Aerobics Self Motivated | Arthritis Aquatics Self Motivated | Water Aerobics Self Motivated | |
| 10:00 AM-1:00 PM | Family Swim (Open Swim) Self Motivated | Family Swim (Open Swim) Self Motivated | Family Swim (Open Swim) Self Motivated | Family Swim (Open Swim) Self Motivated | Family Swim (Open Swim) Self Motivated | Family Swim (Open Swim) Self Motivated (10A-12P) |
| 3:30 PM | Afterschool Program Swim | Afterschool Program Swim | | | Afterschool Program Swim | POOL RENTAL AVAILABLE (12-2 PM) |
| 4:30 - 6:00 PM | Family Swim (Open Swim) Self Motivated | Family Swim (Open Swim) Self Motivated | Family Swim (Open Swim) Self Motivated | Family Swim (Open Swim) Self Motivated | Family Swim (Open Swim) Self Motivated | POOL RENTAL AVAILABLE (2-4 PM) |
| 6:00 PM | Water Aerobics Self Motivated | Water Aerobics Self Motivated | Water Aerobics Self Motivated | Water Aerobics Self Motivated | POOL RENTAL AVAILABLE (6-8 pm) | POOL RENTAL AVAILABLE (6-8 pm) |
| 7:00 PM | Family Swim (Open Swim) Self Motivated | Family Swim (Open Swim) Self Motivated | Family Swim (Open Swim) Self Motivated | Family Swim (Open Swim) Self Motivated | | |

SUNDAY POOL RENTAL IS AVAILABLE FROM 12-2, 2-4, & 4-6

| Hours: | | Childwatch Hours: | |
|-----------------|-------------------|--------------------------|--------------|
| Monday - Friday | 5:00 AM - 9:30 PM | Monday - Friday | 8 - 10 AM |
| Saturday | 8:00 AM - 6:00 PM | Monday - Thursday | 5:45-7:15 PM |
| Sunday | 1:00 - 6:00 PM | | |