

YMCA at Carolina Crossing





March 2010

117 Carolina Crossing Drive- 803-628-9622

HOURS:

5:00 AM-9:30 PM Mon-Fri

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	9:00-9:45 AM Zumba w/Sheri L1-3/C-0	9:00-9:30AM Yoga Lite w/Alison L1-3	7:45-8:30 AM Get on the Ball w/Susan L1-3			
	9:45-10:15 AM Abs/Back/Stretch w/Sheri L1-3	9:30-10:00AM Yoga w/Alison L2-3	8:30-9:30AM Cardio/Sculpt w/Susan L2-3/C-0	10:30-11:00AM Yoga Lite w/Alison L1-3		
				11:00-11:30AM Yoga w/Alison L2-3		
	6:00-7:00PM Yoga Flow Beg/Int W/Sheri. L1-3/C-0	6:00-7:00PM Cardio/Sculpt w/Angie L1-3	6:00-7:00PM Sculpt/Sweat w/Angie L1-3/C-0	6:00-7:00PM Zumba w/Andrea All Levels C1-3	** We'll continue to add more aerobics classes when enrollment increases!! Questions? Front Desk 803-628-9622	
						

8:00 AM-6:00 PM Sat
1:00 PM-6:00 PM Sun

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CHILDWATCH HOURS:

8:00-10:00 AM Mon-Fri
5:15-7:15 PM Mon-Thur

March 2010

NEW CLASSES:

MON: Abs/Back/Stretch

*****NOTICE*****

Please continue to try our new
Aerobics classes!!!
Pick up a list of class descriptions
from the front desk...

Please note that instructors and
classes are subject to change.

NOTES:

- L – LEVEL
- C – CHOREOGRAPHY
- L1-BEGINNER
- L2-INTERMEDIATE
- L3-ADVANCED
- C1-LITTLE/NO
- C2-LOW LEVEL
- C3-HIGH LEVEL