

Fort Mill/Gold Hill Group Fitness Schedule

JULY

1 - 31, 2010

A special note to beginners:

WELCOME! We are excited that you decided to invest in your health by participating in our Group Fitness Program. As you begin, please attend a class labeled 1-2 and/or is highlighted in a bold box in order to learn proper technique and the "lingo" associated with each class. When you are ready for more of a challenge, you may progress to any of the higher level classes. In order to accommodate your workout, you will need to use lighter or no weights, less impact, and a lower intensity level. Plan to come to class a few minutes early so that you can ask the instructor any questions you may have. Have fun, hang in there and remember PERSERVERENCE PAYS!

Weight Watchers meets at the Fort Mill YMCA.

Every Wednesday morning beginning at 9:30 am. Weigh-in and registration are first and the meeting begins at 10 am. Come and watch yourself change. Bring a friend. There is an additional fee to join this program.

Summer Specialty & Sports Camps

Don't forget about the variety of Specialty and Sports camps offered this summer at the Fort Mill YMCA... See

the front desk for more information.

Lunch-n-Learn

Join us on the 3rd Thursday of each month at 12:30 pm at the Fort Mill branch. Guest speakers will discuss Health and Wellness topics. Silver Sneakers and anyone 40 years and older may attend. Bring your own lunch. Light refreshments are supplied.

Summer Subs...

Summer is a time for vacation and fun. Please make sure you check the sub board for class instructors subs and possible class cancellations.



Fourth of July

The Fort Mill and Gold Hill YMCA will be CLOSED on Sunday July 4 for the Fourth of July Holiday. Have a fun, safe and blessed holiday!

Family Fun Night at the Water Park Tuesday July 13, 5 - 7:30 pm



The Fort Mill YMCA and Eternal Church are proud to host an evening of family fun and fellowship. Join us on Tuesday July 13 for swimming, games, food and music.

All guest are welcome with a special family guest fee of just \$5 for a family of 4 and \$1 for each additional guest!

Fort Mill YMCA Hours

Mon - Fri
5 am - 9:30 pm
Sat
7:30 am - 6 pm
Sun
1 pm - 6 pm
803-548-8020
www.upymca.org

Gold Hill YMCA Hours

Mon - Fri
5 am - 9:30 pm
Sat
7:30 am - 6 pm
Sun
1 pm - 6 pm
803-548-9622
www.upymca.org

Child Watch Hours

Fort Mill
Mon. - Thur.
8 am - 12 noon
4 pm - 8 pm
Fri.
8 am - 12 noon
4 pm - 7 pm
Sat.
8 am - 12 noon
Gold Hill
Mon. - Thur.
8 am - 12 noon
4 pm - 8 pm
Fri.
8 am - 12 noon
Sat.
8 am - 12 noon

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Gold Hill Group Fitness July 1 - 31, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6 am Abs Lab w/Cheryl		5:45 - 6 am Abs Lab w/Beth		5:45 - 6 am Abs Lab w/Cheryl		
6 - 6:45 am Custom Cuts w/ Cheryl		6 - 6:45 am Custom Cuts w/ Beth		6 - 6:45 am Custom Cuts w/ Cheryl		
	8 - 8:55 am Zumba* (levels 1-3) w/Sandy					
9:15 - 10:10 am Zumba* (levels 2-3) w/Marcea	9 - 9:45 am Pilates w/ Tina	9:15-10:15 am Zumba* (levels 2-3) w/Dominque	9:15 - 10 am Sweatshop w/ Patti	9:15 - 10 am Maximum Intervals w/Chistina	9-9:55 Custom Cuts w/Shelia	2 - 3 pm Zumba (level 1 - 3) <i>Rotation</i>
10:15 - 10:45 am Kettlebell Pump w/Patti	10 - 10:55 am Custom Cuts w/Silvia	10:45 - 11:45 am Zumba* (levels 2-3) w/Irina	10 - 10:30 am Kettlebell Pump w/Patti	10:45 - 11:30 Pilates w/Sibylle		July 4 GH Y CLOSED July 11 Sandy July 18 Irina July 25 Sandy
	5-6 pm Custom Cuts w/Miriam	5:25 - 6:15 pm Beginner Yoga w/Janice				
6 - 7 pm Bodukon w/Sibylle	6:10 - 7:10 pm Zumba* (levels 1-3) w/Emily	6:20 - 7:20 pm Zumba*(levels 1-2) w/Kara	5:45 - 6:45 Custom Cuts w/Silvia			
		8 - 8: 30 pm Power Sculpt w/Bethany NEW CLASS				

Gold Hill Indoor Cycle Schedule July 1 - 31, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 - 6:15 am Cycle w/Amanda					
	9:15 - 10 am Cycle w/Patti		9:15 - 10 am Cycle w/Cheryl			
	5:30 - 6 pm 30 minute Cycle Express w/Leslie	5:30 - 6:15 pm Beginner's cycle w/Cheryl S. <i>Beginners arrive at 5:15 pm</i>	5:30 - 6 pm 30 minute Cycle Express w/Leslie			

*Ticket may be required for this class. Tickets available from Front Desk Staff 45 minutes prior to class start time