

Group Fitness Schedule

1785 Gold Hill Road, Fort Mill, SC 29708

October 2019

Gold Hill YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:15am Custom Cuts Shelly- L2-3 - F	5:15 - 6:00am Cycle Janet/Eileen - L2-3 - C	5:30 - 6:15am HIRT Katie - L1-3 - F	5:15 - 6:00am Athletic Conditioning Janet - L1-3 - F	5:15 - 6:15am Custom Cuts Lori H - L2 - F	8:00 - 8:55am Cardio Funk Rotation* 10/5 - Trellis 10/12 - Dominique 10/19 - Tara 10-26 - Amanda L1-3-F	
8:10 - 9:05am HIRT Paige - L2-3 - F	7:00 - 8:00am Hatha 26 Lisa - L1-3 - F	8:10 - 9:10am Zumba Gold Toning Don - L1-2 - F	5:15 - 6:00am Cycle Eileen/Amanda-L1-3-C	8:00 - 8:45am Custom Cuts Denise - L1-3-F		
9:15 - 10:10am CardioFunk* Marcea - L2-3 - F	8:10 - 9:10am CardioFunk Julie Z - L1-3 - F	9:15 - 10:10am Cycle Jessi- L-1-3 C	7:00 - 8:00am Hatha 26 Lisa - L1-3 - F	9:00 - 9:50am Hip Hop Step Steph - L1-3 - F	9:00 - 10:00am Custom Cuts Rotation* 10/5 - NO CLASS 10/12 - Angie 10/19 - Angie 10-26 - Tiff C L1-3-F	
9:15 - 10:00am Cycle Tiffany - L1-3 - C	9:15 - 10:00am Yoga Tina - L1-3 - F	9:30 - 10:15am HIRT Beth E. - L1-3 - F	8:10 - 9:10am Zumba Gold Don - L1-2 - F	9:15 - 10:00am Cycle Tiffany - L1-3-C		
10:30 - 11:00am Fit Over 50 Bethany - L1-2 - F	10:10am - 11:10am Zumba Gold* Don - L1-2 - F	5:25 - 6:15pm Yin Yoga Lisa - L1-2 - F	9:30 - 10:15am Fit Over 50 Bethany - L2-3 - F	10:00 - 10:45am Latin Dance Sibylle - L1-2 - F	8:45am - 9:30am Cycle Rotation* 10/5 - Jessi 10/12 - Tiffany 10/19 - NO CLASS 10-26 - Tiffany L1-3-C	
11:15am - 12:00pm CardioFunk Lite Angie - L1-3 - F	11:30 - 12:10pm Silver Sneakers Classic Bethany - L1 - F	6:30 - 7:15pm Custom Cuts Anne A -L1-3 - F	10:30- 11:40am Mixed Level Yoga Terri - L1-3 - F	10:45 - 11:30am YoPi Fusion Sibylle -L1-3-F		
5:15 - 6:10pm Step N Sculpt Christine - L1-3-F	12:20 - 1:00pm Simply Stretch Bethany - L1 - F		5:15 - 6:00pm Muscle Blast Julie Z - L1-3-F			
6:30 - 7:15pm Hip Hop Step Steph - L1-3-F	6:30 - 7:15pm Barre Melissa- L1-3 - F		7:00 - 7:55pm Zumba Trellis - L1-3-F			

Class Tickets:
Classes with a star(*) after the title may require a ticket. Tickets are at the front desk 30 min prior to the class. Only members who are present will be given one ticket. Tickets are first come first serve.

CHANGES FOR OCTOBER:
Thursday morning Mixed Level Yoga will now end at 11:40am

How to read the schedule:
Example:
Zumba = Class
5-5:55pm = Time
Jaime = Instructor
L2-3 = Level Intermediate to Advanced
F = Fitness Room

Class Location:
F = Group Fitness Room
C = Cycle Room



