FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS CENTER GROUP EXERCISE SCHEDULE OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step n' Sculpt Crystie L 1-3 6-6:45am	**Cycle** w/Trish L 1-3 5:45-6:30am	**Step n' Sculpt** Crystie L 1-3 6:00-6:45am	**Cycle** w/Trish L 1-3 5:45-6:30am	**Cycle** w/Trish L 1-3 5:00-6:00am		**Sculpt & Sweat** w/ Elaine L 1-3 2:00-3:00pm
Cycle Cross Training w/Trish L 1-3 8:15-9:15am	**Custom Cuts** W/Diane L !-3 8:30-9:30am	**Cycle Cross Training** w/Trish L 1-3 8:15-9:15am	**Custom Cuts** W/ Jo D L 1-3 8:30am-9:15am	**Step n' Sculpt** Crystie L 1-3 6-6:45am	**Step** W/Crystie L 1-3 9:30-10:30am	
Fit over 50 W/ Sylvia L 1-3 9:20-10:20am	**YO CHI** W/ Colleen L 1-3 10:30-11:30am	**Fit over 50** W/ Sylvia L 1-3 9:20-10:20am	**Gentle Yoga** W/Liz L 1-3 11:00-12:00pm	**Custom Cuts** w/Mickey L 1-3 8:15-9:15am		
Step n' Sculpt W/Colleen 10:30-11:35am L 1-3	**Gentle Yoga** W/Barbara L 1-3 11:45-12:45pm	**Custom Cuts** w/Colleen L 1-3 10:30-11:30am	**Cycle Strength** W/ Melissa L 1-3 4:30-5:30pm	**Pilates** w/ Colleen L 1-3 10:30-11:30am		
Pilates W/Colleen L 1-3 12:00-1:00pm	**Step** W/Crystie L 1-3 5:25-6:15pm	**Pilates** W/Colleen L 1-3 12:00-1:00pm	Zumba W/ Sandra L 1-3 6:00 – 7:00pm	**Sit to be Fit** w/ Sylvia L 1-3 2:00-3:00pm	CYCLE SCHEDULE Mon - 8:15am – 9:15am W/Trish Tues - 5:45am - 6:30am W/ Trish Weds - 8:15am – 9:15am W/Trish Thurs- 5:45am – 6:30am W/ Trish Friday- 5:00am – 6:00am W/Trish	
Sit to be Fit w/ Sylvia L -1-3 2:00-3:00pm	**Zumba** w/Alicia L 1-3 6:30-7:25pm	**Sit to be Fit** w/ Sylvia L1-3 2:00-3:00pm	**Custom Cuts** w/ Elaine L 1-3 7:30-8:30pm	**Custom Cuts** w/ Crystie L 1-3 4:15-5:00pm		
Custom Cuts w/ Mickey/Diane L 1-3 5:30-6:30pm	**Custom Cuts** W/Elaine L 1-3 7:30-8:30pm	**Custom Cuts** w/Melissa L 1-3 4:30-5:25pm				
		Muscle Blast w/Mickey L 1-3 5:30 - 6:15 pm			********NEWS********	
		Zumba W/Katie L 1-3 6:15 – 7:15pm			L – Level C- Choreography C0 - Little/No L1 – Beginner C1 – Low Level L2 – Intermediate C2 – Intermediate L3 – Advanced C3 – High Level	

Hours of Operation:
Mon - Fri – 5:00am - 9:30pm
Saturday – 7:30am – 6:00pm
Sunday – 1:00 pm – 6:00pm

Child Watch Hours:
Mon - Fri - 8:00am – 12:00pm
Saturday – 8:30am – 12:00pm
Mon –Thu - 3:30pm – 7:30pm
Friday – 3:30pm – 6:00pm

UPPER PALMETTO YMCA – WELLNESS CENTER – 1735 Heckle Blvd – 366-9622
www.UPYMCA.org