



**Pickens County YMCA-Easley
Group Wellness Schedule
February 2012**

MONDAY					
5:30am	Group Cycling*	Greg	10:30am	Mom & Tots	Trisha
5:30am	Boot Camp	Angela	4:00pm	Zumbatomic (ages 4-7)	Margaret
8:30am	Body Bar Boot Camp	Laura	4:30pm	Super Sculpt	Margaret
9:15am	Functional Everyday Living Training	Mary	5:30pm	Multi-Step Sprint	Anna
9:15am	Group Cycling*	Cindy	5:45pm	Group Cycling*	Carla
9:45am	Super Sculpt	Cindy	6:30pm	Cardio Kick & Tone	Tiffany
10:30am	SilverSneakers YogaStretch@	Mary			

TUESDAY					
5:30am	Group Cycling*	Larissa	4:30pm	Physical Preparedness Training	Jordan
8:15am	Basic Yoga	Laura	5:30pm	Belly Dancing (females only)	Jessi
9:15am	C2 (Cycle & Core)	Laura	5:45pm	Group Cycling*	Carla
10:10am	SilverSneakers@ MSROM 1	Shelley	6:30pm	Yoga	Larissa

WEDNESDAY					
5:30am	Group Cycling*	Greg	4:00pm	Zumbatomic (ages 8-12)	Margaret
8:30am	Tri-Fit (Bike, "Bells", Basic Step)	Laura	4:30pm	Beginner Group Cycling*	Nancy
9:15am	Functional Everyday Living Training	Mary	4:30pm	Zumba Toning	Margaret
9:30am	Super Sculpt	Jamie	5:30pm	Step Sprint	Anna
10:30am	SilverSneakers YogaStretch@	Mary	6:15pm	Group Cycling*	Jamie

THURSDAY					
5:30am	Group Cycling*	Larissa	4:15pm	Super Sculpt	Brooks
8:15am	Basic Yoga	Cindy	5:15pm	Zumba	Pam
9:15am	"Double Track" Group Cycling*	Cindy	5:45pm	Beginner Group Cycling*	Jamie
10:30am	SilverSneakers@ MSROM I	Shawna	6:15pm	Cardio & Cut	Carla

FRIDAY					
5:30am	Group Cycling*	Greg	10:00am	Super Sculpt	Anna
8:30am	Cardio Mix	Laura	10:30am	SilverSneakers@ II Cardio Circuit	Shelley
9:00am	Body Bar & Bosu Blast	Laura	10:30am	Physical Preparedness Training	Jordan
9:15am	Functional Everyday Living Training	Mary	4:30pm	Zumba	Margaret
9:15am	"Double Track" Group Cycling*	Anna			

SATURDAY					
8:30am	"Double Track" Group Cycling*	Loretta/Rotating Instructor	9:30am	Mixed Level Yoga	Rebecca
			10:30am	Tai Chi **	Rebecca

SPECIAL NOTES

****2/18 ONLY - Pilates will be held instead of TaiChi at 10:30am.**

*Reservations must be made for Group Cycling classes. Please stop at the Member Services desk or call 855-9622.
Most classes are suitable for beginners. See Group Wellness booklet for more information.
Class lengths vary.



**Pickens County YMCA-Pickens
Group Wellness Schedule
February 2012**

MONDAY					
8:30am	Line Dance & Light Weights	Trisha	4:30pm	Cardio Kick & Tone	Jennifer
8:30am	Shallow Water Class	(Pool)	5:30pm	Zumba	Jennifer
9:20am	Deep Water Class	(Pool)	6:15pm	Water Class	(Pool)
10:00am	SilverSneakers@ MSROM I	Anna	6:30pm	Super Sculpt	Marla
10:00am	Arthritis Class	(Pool)			

TUESDAY					
5:30am	Beginner Group Cycling *	Brooks	9:45am	SilverSneakers® YogaStretch	Mary
8:30am	Super Sculpt	Kathy	5:30pm	Yogalates	Lib
8:30am	Shallow Water Class	(Pool)	6:15pm	Water Class	(Pool)
9:20am	Water Walking Class	(Pool)	6:30pm	C2: Cycle & Core *	Angela

WEDNESDAY					
8:30am	Zumba	Suzanne	10:00am	Arthritis Class	(Pool)
8:30am	Shallow Water Class	(Pool)	4:30pm	Zumba	Suzanne
9:15am	Just Stretch!	Suzanne	5:30pm	Zumba	Jennifer
9:20am	Deep Water Class	(Pool)	6:15pm	Deep Water Class	(Pool)
10:00am	SilverSneakers@ MSROM 1	Shawna	6:30pm	Cycle & Sculpt*	Marla

THURSDAY					
8:00am	Beginner Group Cycling*	Laura	4:30pm	Moovin' & Groovin' Line Dance	Jessi
8:30am	Body Bar & Bosu Blast	Laura	5:30pm	Mixed Level Yoga	Larissa
8:30am	Shallow Water Class	(Pool)	6:15pm	Water Class	(Pool)
9:05am	Basic Yoga	Laura C	6:30pm	Zumba	Suzanne
9:20am	Water Walking Class	(Pool)			

FRIDAY					
8:30am	Moovin' & Groovin' Line Dance	Trisha	11:00am	Beginner Group Cycling*	Suzanne
8:30am	Shallow Water Class	(Pool)	11:15am	SilverSneakers@ II Cardio Circuit	Lib
9:20am	Deep Water Class	(Pool)	11:45am	Zumba	Suzanne
10:00am	Arthritis Class	(Pool)			

SATURDAY					
9:00am	Zumba	Jennifer/Suzanne	10:00am	Tone & Stretch	Jennifer/Suzanne

SPECIAL NOTES

*Reservations must be made for Group Cycling classes. Please stop at the Member Services desk or call 878-8380. Most classes are suitable for beginners. See Group Wellness booklet for more information. Class lengths vary.