



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

| <b>MONDAY</b> |                                     |        |         |                        |          |
|---------------|-------------------------------------|--------|---------|------------------------|----------|
| 5:30am        | Group Cycling*                      | Greg   | 10:30am | Mom & Tots             | Trisha   |
| 5:30am        | Boot Camp                           | Angela | 4:00pm  | Zumbatomic (ages 5-11) | 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   |         |                        |          |

| <b>TUESDAY</b> |                         |         |        |                                |         |
|----------------|-------------------------|---------|--------|--------------------------------|---------|
| 5:30am         | Group Cycling*          | Larissa | 4:30pm | Physical Preparedness Training | Jordan  |
| 8:15am         | Basic Yoga              | Laura   | 5:30pm | Line Dancing                   | Jessi   |
| 9:15am         | C2 (Cycle & Core)       | Laura   | 5:45pm | Group Cycling*                 | Carla   |
| 10:10am        | SilverSneakers@ MSROM 1 | Shelley | 6:30pm | Yoga                           | Larissa |

| <b>WEDNESDAY</b> |                                     |       |        |                        |          |
|------------------|-------------------------------------|-------|--------|------------------------|----------|
| 5:30am           | Group Cycling*                      | Greg  | 4:00pm | Zumbatomic (ages 5-11) | Margaret |
| 8:30am           | Tri-Fit (Bike, "Bells", Basic Step) | Laura | 4:30pm | Zumba Toning           | Margaret |
| 9:15am           | Functional Everyday Living Training | Mary  | 5:30pm | Step Sprint            | Anna     |
| 9:30am           | Super Sculpt                        | Jamie |        |                        |          |
| 10:30am          | SilverSneakers YogaStretch@         | Mary  |        |                        |          |

| <b>THURSDAY</b> |                               |         |        |                |        |
|-----------------|-------------------------------|---------|--------|----------------|--------|
| 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 | Group Cycling* | Jamie  |
| 10:30am         | SilverSneakers@ MSROM I       | Shawna  | 6:15pm | Cardio & Cut   | Carla  |

| <b>FRIDAY</b> |                                     |       |         |                                   |          |
|---------------|-------------------------------------|-------|---------|-----------------------------------|----------|
| 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  |         |                                   |          |

| <b>SATURDAY</b> |                               |                             |         |                              |         |
|-----------------|-------------------------------|-----------------------------|---------|------------------------------|---------|
| 8:30am          | "Double Track" Group Cycling* | Loretta/Rotating Instructor | 9:30am  | Mixed Level Yoga             | Rebecca |
|                 |                               |                             | 10:30am | Tai Chi ** (Pilates on 5/26) | Rebecca |

**SPECIAL NOTES**

**GROUP WELLNESS SCHEDULE MODIFICATIONS FOR MEMORIAL DAY WEEKEND WILL BE POSTED IN THE GROUP WELLNESS ROOM.**

\*Reservations must be made for Group Cycling classes. Please stop at the Member Services desk or call 855-9622.

\*\*Saturday, 5/26 ONLY - Pilates will be held instead of Tai Chi at 10:30am with Margaret.

*Class lengths vary and most are suitable for beginners. Please see the Group Wellness booklet for more information.*



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

| <b>MONDAY</b> |                            |        |        |                    |          |
|---------------|----------------------------|--------|--------|--------------------|----------|
| 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) |        |                    |          |

| <b>TUESDAY</b> |                       |         |        |                             |         |
|----------------|-----------------------|---------|--------|-----------------------------|---------|
| 8:30am         | Super Sculpt          | Kathy   | 9:45am | SilverSneakers® YogaStretch | Mary    |
| 8:30am         | Shallow Water Class   | (Pool)  | 5:30pm | Yogalates                   | Lib     |
| 9:20am         | Water Walking Class   | (Pool)  | 6:15pm | Water Class                 | (Pool)  |
| 9:30am         | Cycle Boot Camp Combo | Melissa | 6:30pm | Group Cycling*              | Brendan |

| <b>WEDNESDAY</b> |                         |        |        |                                 |          |
|------------------|-------------------------|--------|--------|---------------------------------|----------|
| 8:30am           | Zumba                   | Jerrie | 4:30pm | Belly Dance** (5/9 & 5/23 ONLY) | Jessi    |
| 8:30am           | Shallow Water Class     | (Pool) | 4:30pm | Zumba** (5/2, 5/16 & 5/30 ONLY) | Jennifer |
| 9:20am           | Deep Water Class        | (Pool) | 5:30pm | Zumba                           | Jennifer |
| 10:00am          | SilverSneakers@ MSROM 1 | Shawna | 6:15pm | Deep Water Class                | (Pool)   |
| 10:00am          | Arthritis Class         | (Pool) | 6:30pm | Cycle & Sculpt*                 | Marla    |

| <b>THURSDAY</b> |                         |        |        |                               |          |
|-----------------|-------------------------|--------|--------|-------------------------------|----------|
| 8:00am          | Beginner Group Cycling* | Laura  | 4:30pm | Moovin' & Groovin' Line Dance | Jessi    |
| 8:30am          | Body Bar & Bosu Blast   | Laura  | 5:30pm | Basic Yoga                    | Meta     |
| 8:30am          | Shallow Water Class     | (Pool) | 6:15pm | Water Class                   | (Pool)   |
| 9:05am          | Basic Yoga              | Laura  | 6:30pm | Zumba                         | Jennifer |
| 9:20am          | Water Walking Class     | (Pool) |        |                               |          |

| <b>FRIDAY</b> |                               |        |         |                                   |        |
|---------------|-------------------------------|--------|---------|-----------------------------------|--------|
| 8:30am        | Moovin' & Groovin' Line Dance | Trisha | 10:00am | Arthritis Class                   | (Pool) |
| 8:30am        | Shallow Water Class           | (Pool) | 11:15am | SilverSneakers@ II Cardio Circuit | Lib    |
| 9:20am        | Deep Water Class              | (Pool) | 11:45am | Zumba                             | Jerrie |

| <b>SATURDAY</b> |                                 |          |         |  |          |
|-----------------|---------------------------------|----------|---------|--|----------|
| 9:00am          | Zumba** (5/5, 5/19 & 5/26 ONLY) | Jennifer | 10:00am | Tone & Stretch (5/5, 5/19 & 5/26 ONLY) | Jennifer |
| 9:00am          | Zumba** (5/12 ONLY)             | Jerrie   | 10:00am | Tone & Stretch (5/12 ONLY)             | Jerrie   |

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