



Ballentine Family YMCA

March 22nd - March 28th

1079 Dutch Fork Road

Irmo, SC 29063

803-753-6004

	WED 22	THU 23	FRI 24	SAT 25	SUN 26	MON 27	TUE 28
5am		Total Strength Plus Group Exercise Studio Courtney . 5:15am - 6am	Kettlebell Group Exercise Studio Amy . 5:15am - 6am				Total Strength Plus Group Exercise Studio Courtney . 5:15am - 6am
6am	Cycle Cycle Studio Rebecca . 6:15am - 7am						
8am	Total Strength Plus Intervals Group Exercise Studio Leslie . 8am - 8:45am	Strength & Stability Group Exercise Studio Joanna . 8:15am - 9am	LES MILLS BODYPUMP Group Exercise Studio Karen . 8:15am - 9:15am	CYCLE LES MILLS RPM Cycle Studio Rotation of Instructors . 8:30am - 9:15am		LES MILLS BODYPUMP Group Exercise Studio Karen . 8:15am - 9:15am	LES MILLS - CORE Group Exercise Studio Joanna . 8:15am - 9am
9am	LES MILLS BODYPUMP Group Exercise Studio Karen . 9am - 10am	Kettlebell Group Exercise Studio Kate . 9:15am - 10am	Cycle Cycle Studio Amy . 9:30am - 10:15am	Total Strength Plus Group Exercise Studio Rotation of Instructors . 9:30am - 10:15am		Total Strength + Core Group Exercise Studio Jennifer . 9:30am - 10:15am	Kettlebell Group Exercise Studio Kate . 9:15am - 10am
			Total Strength Plus Intervals Group Exercise Studio Leslie . 9:30am - 10:15am				
10am		Beats/Fluidity Group Exercise Studio Christy . 10:15am - 11am	Senior Fit Group Exercise Studio Sandra . 10:30am - 11:15am			Yoga Group Exercise Studio Dianne . 10:30am - 11:30am	
11am		Cardio Jam Group Exercise Studio Christy . 11:15am - 12pm	Yoga Group Exercise Studio Erica . 11:30am - 12:30pm				Zumba Gold Group Exercise Studio Lisa . 11am - 11:45am
12pm		Active Older Adult Cycle Cycle Studio Amy . 12pm - 1pm				Active Older Adult Cycle Cycle Studio Frank . 12pm - 1pm	
2pm					Zumba Group Exercise Studio Rotation of Instructors . 2:30pm - 3:30pm		
5pm	Kettlebell Group Exercise Studio Joanna . 5pm - 5:45pm	CYCLE LES MILLS RPM Cycle Studio Rotation of Instructors . 5pm - 5:45pm					CYCLE LES MILLS RPM Cycle Studio Rotation of Instructors . 5pm - 5:45pm
		LES MILLS BODYPUMP Group Exercise Studio Tonja . 5:30pm - 6:15pm					LES MILLS BODYPUMP Group Exercise Studio Clayton . 5:15pm - 6pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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6pm	LES MILLS BODYPUMP Group Exercise Studio Jade . 6pm - 7pm	Zumba Group Exercise Studio Glendora . 6:30pm - 7:30pm				LES MILLS BODYPUMP Group Exercise Studio Jade . 6pm - 7pm	Zumba Group Exercise Studio Tammie . 6:30pm - 7:30pm

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