



**Ballentine Family YMCA**  
October 16th - October 22nd

1079 Dutch Fork Road  
Irmo, SC 29063  
803-753-6004

	SAT 16	SUN 17	MON 18	TUE 19	WED 20	THU 21	FRI 22
5am				<b>Total Strength Plus</b> Group Exercise Studio Courtney . 5:15am - 6am		<b>Total Strength Plus</b> Group Exercise Studio Courtney . 5:15am - 6am	<b>Kettlebell</b> Group Exercise Studio Amy . 5:15am - 6am
6am					<b>Cycle</b> Cycle Studio Rebecca . 6:15am - 7am		
8am	<b>CYCLE LES MILLS RPM</b> Cycle Studio Paula . 8:30am - 9:15am		<b>LES MILLS BODYPUMP</b> Group Exercise Studio Karen . 8:15am - 9:15am	<b>LES MILLS - CORE</b> Group Exercise Studio Joanna . 8:15am - 9am	<b>Total Strength Plus Intervals</b> Group Exercise Studio Leslie . 8am - 8:45am	<b>Strength &amp; Stability</b> Group Exercise Studio Joanna . 8:15am - 9am	<b>LES MILLS BODYPUMP</b> Group Exercise Studio Allison . 8:15am - 9:15am
9am	<b>Total Strength Plus</b> Group Exercise Studio Rotation of Instructors . 9:30am - 10:15am		<b>LES MILLS - CORE</b> Group Exercise Studio Joanna . 9:30am - 10:15am	<b>Kettlebell</b> Group Exercise Studio Joanna . 9:15am - 10am	<b>LES MILLS BODYPUMP</b> Group Exercise Studio Karen . 9am - 10am	<b>Kettlebell</b> Group Exercise Studio Joanna . 9:15am - 10am	<b>Cycle</b> Cycle Studio Amy . 9:30am - 10:15am
							<b>Total Strength Plus Intervals</b> Group Exercise Studio Leslie . 9:30am - 10:15am
10am			<b>Yoga</b> Group Exercise Studio Dianne . 10:30am - 11:30am		<b>Yoga</b> Group Exercise Studio Sandra . 10:15am - 11:15am	<b>Beats/Fluidity</b> Group Exercise Studio Christy . 10:15am - 11am	<b>Yoga</b> Group Exercise Studio Sandra . 10:30am - 11:30am
11am				<b>Zumba Gold</b> Group Exercise Studio Lisa . 11am - 11:45am		<b>Cardio Jam</b> Group Exercise Studio Christy . 11:15am - 12pm	
2pm		<b>Zumba</b> Group Exercise Studio Rotation of Instructors . 2:30pm - 3:30pm					
4pm				<b>Total Strength Plus</b> Cycle Studio Leslie . 4:30pm - 5:30pm			
5pm				<b>CYCLE LES MILLS RPM</b> Cycle Studio Paula . 5pm - 5:45pm	<b>Kettlebell</b> Group Exercise Studio Joanna . 5pm - 5:45pm	<b>CYCLE LES MILLS RPM</b> Cycle Studio Paula . 5pm - 5:45pm	
6pm			<b>LES MILLS BODYPUMP</b> Group Exercise Studio Alison . 6pm - 7pm	<b>Zumba</b> Group Exercise Studio Tammie . 6:30pm - 7:30pm	<b>LES MILLS BODYPUMP</b> Group Exercise Studio Alison . 6pm - 7pm	<b>Zumba</b> Group Exercise Studio Glendora . 6:30pm - 7:30pm	

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.