

YMCA at Carolina Crossing



February 2010

117 Carolina Crossing Drive- 803-628-9622

HOURS:

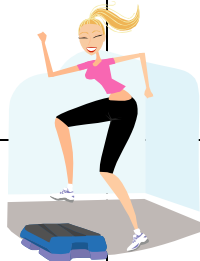

5:00 AM-9:30 PM Mon-Fri
 8:00 AM-6:00 PM Sat
 1:00 PM-6:00 PM Sun

CHILDWATCH

HOURS:

8:00-10:00 AM Mon-Fri
 5:15-7:15 PM Mon-Thur

Mon. Tues. Wed. Thurs. Fri. Sat.

8:30-9:30AM Zumba w/Sheri L1-3/C-0	9:00-9:30AM Yoga Lite w/Alison L1-3	7:45-8:30 AM Get on the Ball w/Susan L1-3			
	9:30-10:00AM Yoga w/Alison L2-3	8:30-9:30AM Cardio/Sculpt w/Susan L2-3/C-0	10:30-11:00AM Yoga Lite w/Alison L1-3		
			11:00-11:30AM Yoga w/Alison L2-3		
6:00-7:00PM Yoga Flow Beg/Int W/Sheri. L1-3/C-0	6:00-7:00PM Cardio/Sculpt w/Angie L1-3	6:00-7:00PM Sculpt/Sweat w/Angie L1-3/C-0	6:00-7:00PM Zumba w/Andrea All Levels C1-3		** We'll continue to add more aerobics classes when enrollment increases!!
					Questions? Front Desk
					803-628-9622
					

February 2010

NEW CLASSES:

MON: Zumba
 TUE & THUR: Yoga Lite and Yoga
 TUE: Cardio/Sculpt
 WED: Get on the Ball

*****NOTICE*****

Please continue to try our new Aerobics classes!!!
 Pick up a list of class descriptions from the front desk...

 Please note that instructors and classes are subject to change.

NOTES:

- L – LEVEL
- C – CHOREOGRAPHY
- L1-BEGINNER
- L2-INTERMEDIATE
- L3-ADVANCED
- C1-LITTLE/NO
- C2-LOW LEVEL