

GROUP FITNESS CLASS SCHEDULE

Florence Gyms



Palmetto Street (Co-Ed)

Second Loop (Ladies Only)

Second Loop (Co-Ed)

MONDAY		
8:30AM 6:00PM	Full Body Fitness High Fitness	Maria Kasey
TUESDAY		
6:00PM 6:15PM 7:00PM	Kettlebell Fitness Knockout Run Club	Kristina Ashton Kristina
WEDNESDAY		
8:30AM 6:00PM	Full Body Fitness High Fitness	Maria Kasey
THURSDAY		
6:00PM 6:15PM	Kettlebell Fitness Knock Out	Kristina Ashton
FRIDAY		

MONDAY		
9:00AM 5:30PM 6:00PM 6:30PM	Full Body Blast Kettlebell Spin Zumba Fit	Kristy Maria Suzanne Jennifer
TUESDAY		
5:15PM 6:00PM 7:00PM	Kickboxing/Yoga Dance Fitness Kettlebell	Kristy Taylor Anna
WEDNESDAY		
9:00AM 5:30PM 6:00PM 6:30PM	Full Body Fitness Zumba Fit Spin Pump It Up	Kristy Jennifer Suzanne Beka
THURSDAY		
5:15PM 6:00 PM 7:00 PM	Full Body Fitness KettleBell Fitness Dance Fitness	Kristy Beka Kristy
FRIDAY		
9:00AM 5:30AM 5:30 PM	Full Body Fitness WORK-out Yoga/Yo-Chi	Kristy Anna Anna

MONDAY		
6:30PM	Bootcamp	Sierra
TUESDAY		
6:00PM	Bootcamp	Sierra
WEDNESDAY		
6:00PM	HIIT	Kristina
THURSDAY		

SATURDAY		
6:00AM 8:00AM 9:00AM	Bootcamp Ladies Lifting Lean Full Body Fitness	Aleshia Maria Maria
SUNDAY		



GROUP FITNESS CLASS SCHEDULE

Darlington, Bennettsville, Dillon, & Hartsville Gyms



Darlington - 1032 Pearl. St.

Bennettsville - 1085 Cottingham Blvd.

Hartsville - 821 S. 5th St.

MONDAY		
6:00PM 7:30PM	Strength, Core, & More Bootcamp	Pam Jermal
TUESDAY		
6:00PM	Dance Fitness	Tracie & Tamra
WEDNESDAY		
6:00PM 7:00PM	Strength, Core, & More Bootcamp	Pam Jermal
THURSDAY		
6:00PM	Dance Fitness	Tracie & Tamra
FRIDAY		

MONDAY		
6:00PM	Dance Fitness	Peyton
TUESDAY		
7:00PM	Ultimate Fitness	Demarco
WEDNESDAY		
6:00PM	Dance Fitness	Peyton
THURSDAY		
7:00PM	Ultimate Fitness	Demarco
FRIDAY		

MONDAY		
6:00AM 6:00PM 7:00PM	Z-fit Power Sculpt Step Aerobics	Shelley Tracie Janie
TUESDAY		
6:00PM	Z-fit	Shelley
WEDNESDAY		
6:00PM	Dance Fitness	Marianne
THURSDAY		
6:00AM 6:00PM	Z-fit Power Sculpt	Shelley Tracie



Dillon - 504 Radford Blvd.

MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		

