

# GROUP FITNESS CLASS SCHEDULE

## Florence Gyms



### Palmetto Street (Co-Ed)

### Second Loop (Ladies Only)

### Second Loop (Co-Ed)

<b>MONDAY</b>		
8:30AM 6:00PM	Strength & Power High Fitness	Maria Kasey
<b>TUESDAY</b>		
6:00PM 6:15PM 7:00PM	<a href="#">Kettlebell Fitness</a> Knockout <a href="#">Run Club</a>	Kristina Ashton Kristina
<b>WEDNESDAY</b>		
8:30AM 6:00PM	Strength & Power High Fitness	Maria Kasey
<b>THURSDAY</b>		
6:00PM 6:15PM	<a href="#">Kettlebell Fitness</a> Knock Out	Kristina Ashton
<b>SATURDAY</b>		
8:00AM	Ladies Lifting 4 Lean	Maria

<b>MONDAY</b>		
9:00AM 5:30PM 6:00PM 6:30PM	Full Body Blast Kettlebell Spin Zumba Fit	Kristy Anna Suzanne Jennifer
<b>TUESDAY</b>		
5:15PM 6:00PM 7:00PM	<a href="#">Kickboxing/Yoga</a> Dance Fitness Step/Lift	Kristy Taylor Rosie
<b>WEDNESDAY</b>		
9:00AM 5:30PM 6:00PM 6:30PM	Full Body Fitness Zumba Fit Spin Pump It Up	Kristy Jennifer Suzanne Beka
<b>THURSDAY</b>		
5:15PM 6:00 PM 7:00 PM	Full Body Fitness KettleBell Fitness Dance Fitness	Kristy Beka Kristy
<b>FRIDAY</b>		
5:30AM 9:00AM 5:30AM 5:30 PM	WORK-OUT Full Body Fitness WORK-out Yoga/Yo-Chi	Anna Kristy Anna Anna

<b>SATURDAY</b>		
6:00AM	Bootcamp	Aleshia

<b>SUNDAY</b>		

<b>MONDAY</b>		
6:30PM	Bootcamp	Sierra
<b>TUESDAY</b>		
6:00PM	Bootcamp	Sierra
<b>WEDNESDAY</b>		
6:00PM	HIIT	Kristina
<b>THURSDAY</b>		



# GROUP FITNESS CLASS SCHEDULE

## Darlington, Bennettsville, Marion, Dillon, & Hartsville



Darlington - 1032 Pearl. St.

Bennettsville - 1085 Cottingham Blvd.

Hartsville - 821 S. 5th St.

<b>MONDAY</b>		
6:00PM 7:30PM	Strength, Core, & More Bootcamp	Pam Jermal
<b>TUESDAY</b>		
6:00PM	Dance Fitness	Tracie & Tamra
<b>WEDNESDAY</b>		
6:00PM 7:00PM	Strength, Core, & More Bootcamp	Pam Jermal
<b>THURSDAY</b>		
6:00PM	Dance Fitness	Tracie & Tamra
<b>SUNDAY</b>		
2:00PM	Yoga	Susan



<b>MONDAY</b>		
6:00PM	Dance Fitness	Peyton
<b>TUESDAY</b>		
7:00PM	Ultimate Fitness	Demarco
<b>WEDNESDAY</b>		
6:00PM	Dance Fitness	Peyton
<b>THURSDAY</b>		
7:00PM	Ultimate Fitness	Demarco
<b>FRIDAY</b>		
<b>SATURDAY</b>		
8:30AM	Ultimate Fitness	Demarco

<b>MONDAY</b>		
6:00AM 6:00PM	Z-fit Power Sculpt	Shelley Tracie
<b>TUESDAY</b>		
6:00PM	Z-fit	Shelley
<b>WEDNESDAY</b>		
6:00PM	Dance Fitness	Marianne
<b>THURSDAY</b>		
6:00AM 6:00PM	Z-fit Power Sculpt	Shelley Tracie



<b>Marion</b>		
<b>MONDAY</b>		
6:00PM	Power-It-Up	Cam and Jen
<b>TUESDAY</b>		
6:00PM	Power-It-Up	Cam and Jen
<b>WEDNESDAY</b>		
6:00PM	Power-It-Up	Cam and Jen
<b>THURSDAY</b>		
6:00PM	Power-It-Up	Cam and Jen

