

GROUP FITNESS CLASS SCHEDULE

Florence Gyms



Palmetto Street (Co-Ed)

Second Loop (Ladies Only)

Second Loop (Co-Ed)

MONDAY		
8:30AM 6:00PM	Strength & Power High Fitness	Maria Kasey
TUESDAY		
6:00PM 6:15PM 7:00PM 7:00PM	Kettlebell Fitness Knockout Run Club VRZ Fit	Kristina Ashton Kristina Tracie Marie
WEDNESDAY		
8:30AM 6:00PM	Strength & Power High Fitness	Maria Kasey
THURSDAY		
6:00PM 6:15PM 7:00PM	Kettlebell Fitness Knock Out VRZ Fit	Kristina Ashton Tracie Marie
SATURDAY		
10:00AM	High Fitness	Kasey

MONDAY		
9:00AM 5:30PM 6:00PM 6:30PM	Full Body Blast Kettlebell Spin Zumba Fit	Kristy Anna Suzanne Jennifer
TUESDAY		
5:15PM 6:00PM 7:00PM	Kickboxing/Yoga Dance Fitness Step/Lift	Kristy Taylor Rosie
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		
5:30AM 9:00AM 5:30AM 5:30 PM	WORK-OUT Full Body Fitness WORK-out Yoga/Yo-Chi	Anna Kristy Anna Anna

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



SATURDAY		
6:00AM 10:00AM	Bootcamp High Fitness	Aleshia Kasey

SUNDAY		
---------------	--	--



GROUP FITNESS CLASS SCHEDULE

Darlington, Bennettsville, Marion, Dillon, & Hartsville



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
SUNDAY		
2:00PM	Yoga	Susan



MONDAY		
6:00PM	Dance Fitness	Peyton
TUESDAY		
6:00PM	Step	Linda
WEDNESDAY		
6:00PM	Dance Fitness	Peyton
THURSDAY		
6:00PM	Fatburner	Linda
FRIDAY		

SATURDAY		

Dillon		
MONDAY		
6:00PM	Step	Linda

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

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

