

GROUP FITNESS CLASS SCHEDULE

Florence Gyms



Palmetto Street (Co-Ed)

Second Loop (Ladies Only)

Second Loop (Co-Ed)

MONDAY		
6:00PM	Row-tine	Asher
TUESDAY		
6:00PM	Kettlebell Fitness	Kristina
6:15PM	Knockout	Ashton
7:00PM	Run Club	Kristina
WEDNESDAY		
THURSDAY		
6:00PM	Kettlebell Fitness	Kristina
6:15PM	Knock Out	Ashton
FRIDAY		

MONDAY		
8:30AM	Full Body Fitness	Maria
5:30PM	Full Body Burn	Maria
6:00PM	Spin	Suzanne
6:30PM	Zumba Fit	Jennifer
TUESDAY		
5:15PM	Kickboxing/Yoga	Kristy
6:00PM	Dance Fitness	Taylor
7:00PM	Kettlebell	Anna
WEDNESDAY		
8:30AM	Full Body Fitness	Maria
5:30PM	Zumba Fit	Jennifer
6:00PM	Spin	Suzanne
6:30PM	Pump It Up	Beka
THURSDAY		
5:15PM	Full Body Fitness	Kristy
6:00 PM	KettleBell Fitness	Beka
7:00 PM	Dance Fitness	Anna
FRIDAY		
5:30AM	WORK-out	Anna
5:30 PM	Yoga/Yo-Chi	Anna

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

SATURDAY		
6:00AM	Bootcamp	Aleshia
9:00AM	Sculpt & Sweat	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		

SATURDAY		
8:30AM	Ultimate Fitness	Demarco

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		

