

GROUP FITNESS CLASS SCHEDULE

Florence Gyms



Palmetto Street (Co-Ed)

Second Loop (Ladies Only)

Second Loop (Co-Ed)

MONDAY		
8:30AM 6:00PM	Bootcamp Row-tine	Maria Asher
TUESDAY		
8:30AM 6:00PM 6:15PM 7:00PM	Kick HIIT Kettlebell Fitness Knockout Run Club	Maria Kristina Ashton Kristina
WEDNESDAY		
8:30AM	Bootcamp	Maria
THURSDAY		
6:00PM 6:15PM	Kettlebell Fitness Knock Out	Kristina Ashton
FRIDAY		

MONDAY		
9:00AM 4:30PM 5:30PM 6:00PM 6:30PM	Full Body Fitness Kettlebell Full Body Burn Spin Zumba Fit	Kristy Anna Maria Suzanne Jennifer
TUESDAY		
9:00AM 5:15PM 6:00PM 7:00PM	Kickboxing Step It Up Dance Fitness Kettlebell	Kristy Rosie Taylor Anna
WEDNESDAY		
9:00AM 5:15PM 6:00PM 6:30PM	Full Body Fitness Zumba Fit Spin Pump It Up	Kristy Jennifer Suzanne Beka
THURSDAY		
9:00AM 5:15PM 6:00 PM 7:00 PM	Dance Fitness Step It Up KettleBell Fitness Dance Fitness	Kristy Rosie Beka Taylor
FRIDAY		
9:00 AM 5:30 PM	Kickboxing/Yoga Yoga/Yo-Chi	Kristy Anna

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

SATURDAY		
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		
6:00PM 7:00PM	Total Takeover Ultimate Fitness	Richard Demarco
WEDNESDAY		
6:00PM	Dance Fitness	Peyton
THURSDAY		
6:00PM 7:00PM	Total Takeover Ultimate Fitness	Richard Demarco
FRIDAY		

SATURDAY		
8:00AM	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		
6:00PM	Total Take-over	Richard
TUESDAY		
6:00PM	Full Body Fitness	Kristy
WEDNESDAY		
6:00PM	Total Take-over	Richard
THURSDAY		
6:00PM	Dance Fitness	Kristy

