

# Dynamic Health and Fitness (Longs Pond)

## Group Fitness Schedule

### May 2019



Monday

Time	Class	Instructor
5:15-6:15am	Bootcamp	Amy
8:15-9am	Dynamic Body Sculpt	Diane
9:15-9:45am	Dynamic Tone	Deborah
9:45-10:15am	Dynamic Flow	Deborah
4:30-5pm	Dynamic Body Sculpt	Diane
5-5:30pm	Dynamic CORE	Diane
5:30-6pm	Dynamic Tone	Melissa
6-6:30pm	Dynamic Flow	Melissa
6:30-7:30pm	STRONG by Zumba	Christy

Tuesday

Time	Class	Instructor
8:15-9:15am	Les Mills Body Pump	Suzanne
9:15-9:45am	Dynamic Rhythm	Melissa
9:45-10:15am	Dynamic Core	Melissa
4:30-5:30pm	Les Mills Body Pump	Mark
5:30-6:30pm	Les Mills Body Combat	Gabbie

Wednesday

Time	Class	Instructor
5:15-6:15am	Les Mills Body Combat	Amy
8:15-9:15am	STRONG by Zumba	Suzanne
9:15-10:15am	Zumba	Suzanne
4:30-5:30pm	Zumba Toning	Melissa
5:30-6:30pm	Les Mills Body Pump	Gabbie
6:30-7:30pm	Zumba	Karina

Thursday

Time	Class	Instructor
8:15-9:15am	Les Mills Body Pump	Mark
9:15-10:15am	PIYO	Mandy
5:30-6:30pm	Les Mills Body Combat	Gabbie
6:30-7:30pm	Dynamic Barre	Deborah

Friday

Time	Class	Instructor
5:15-6:15am	Les Mills Body Combat	Amy
8:15-8:45am	Dynamic Body Sculpt	Diane
8:45-9:15am	Dynamic CORE	Diane
9:15-10:15am	Zumba	Suzanne

Saturday

Time	Class	Instructor
8-9am	H.I.I.T.	Anna
9-10am	Les Mills Body Combat	Amy

[www.DynamicHealthClub.com](http://www.DynamicHealthClub.com)

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