

WELLNESS WORKS SELF REGIONAL



HEALTHCARE

January, 2012

(864) 725-4664

Hours: **Mon-Thurs** 5:00 AM - 9:00 PM
Friday 5:00 AM - 7:00 PM
Saturday 8:00 AM - 12:00 PM
Sunday 1:00 PM - 5:00 PM

Key: **Room 128** **Room 139**
Room 111 **Optimum Life Center**
 **Limited Participation—See front desk

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 CLOSED	3 9:00 Pilates/JV 9:00 ZumaGold/KD 10:15 GentleYoga/KD 10:30 Yoga/JV 5:30 Water/KD **5:30 Adv WWRT/JR 5:30 Zumba/TK 6:30 Yoga/JV 6:30 Fun Kettle/GB	4 8:30 Fitness First/SB 9:30 Total Body/KD 10:00 Yoga/GB 4:30 Step II/CD 5:30 Water/KD 5:30 Zumba/TK **5:30 Pace/JR 6:00 Pilates/JV	5 9:00 Pilates/JV 9:00 Interval/SB 10:30 Stretch/SB 10:30 Yoga/JV 4:30 Interval/GB **5:30 Adv WWRT/JR 5:30 CardioDance/GB 6:30 Yoga/JV **6:45 Beg WWRT/JR	6 8:30 Step II/SC 9:30 CardioFusion/GB 4:30 BTRX/JR **5:30 Pace/KM	7 9:00 Pilates/JV 10:30 Pace/KM
8	9 8:30 Fitness First/SB 9:30/Step II/SC 10:00 Total Body/KD 4:30 Beg Yoga/KM 4:30 Step II/CD 5:30 Water/KD 5:30 Zumba/GB **5:30 Pace/JR 6:00 Hot Yoga/JV **6:30 IntTRX/GB	10 9:00 Pilates/JV 9:00 ZumaGold/KD 10:15 GentleYoga/KD 10:30 Yoga/JV 5:30 Water/KD **5:30 Adv WWRT/JR 5:30 Zumba/TK 6:30 Yoga/JV 6:30 Fun Kettle/GB	11 8:30 Fitness First/SB 9:30 Total Body/KD 10:00 Yoga/GB 4:30 Step II/CD 5:30 Water/KD 5:30 Zumba/GB **5:30 Pace/JR 6:00 Pilates/JV	12 9:00 Pilates/JV 9:00 Interval/SB 10:30 Stretch/SB 10:30 Yoga/JV 4:30 Interval/GB **5:30 Adv WWRT/JR 5:30 CardioDance/TK 6:30 Yoga/JV **6:45 Beg WWRT/JR	13 8:30 Step II/SC 9:30 CardioFusion/GB **4:30 BTRX/JR **5:30 Pace/KM	14 9:00 Pilates/JV 10:30 ZumbaGold/KD
15	16 8:30 Fitness First/SB 9:30/Step II/SB 10:00 Total Body/KD 4:30 Beg Yoga/KM 4:30 Step II/CD 5:30 Water/KD 5:30 Zumba/GB **5:30 Pace/JR 6:00 Hot Yoga/JV **6:30 IntTRX/GB	17 9:00 Pilates/JV 9:00 ZumbaGold/KD 10:15 Gentle Yoga/KD 10:30 Yoga/JV 5:30 Water/KD **5:30 Adv WWRT/JR 5:30 Zumba/TK 6:30 Yoga/JV 6:30 Fun Kettle/GB	18 8:30 Fitness First/SB 9:30 Total Body/KD 10:00 Yoga/GB 4:30 Step II/CD 5:30 Water/KD 5:30 Zumba/GB **5:30 Pace/JR 6:00 Pilates/JV	19 9:00 Pilates/JV 9:00 Interval/SB 10:30 Stretch/SB 10:30 Yoga/JV 4:30 Interval/GB **5:30 Adv WWRT/JR 5:30 CardioDance/TK 6:30 Yoga/JV **6:45 Beg WWRT/JR	20 8:30 Step II/SC 9:30 CardioFusion/SB **4:30 BTRX/JR **5:30 Pace/KM	21 9:00 Pilates/JV 10:30 CardioDance/TK
22	23 8:30 Fitness First/SB 9:30/Step II/SC 10:00 Total Body/KD 4:30 Beg Yoga/KM 4:30 Step II/CD 5:30 Water/KD 5:30 Zumba/GB **5:30 Pace/JR 6:00 Hot Yoga/JV **6:30 IntTRX/GB	24 9:00 Pilates/JV 9:00 ZumbaGold/KD 10:15 Gentle Yoga/KD 10:30 Yoga/JV 5:30 Water/KD **5:30 Adv WWRT/JR 5:30 Zumba/TK 6:30 Yoga/JV 6:30 Fun Kettle/GB	25 8:30 Fitness First/SB 9:30 Total Body/KD 10:00 Yoga/GB 4:30 Step II/CD 5:30 Water/KD 5:30 Zumba/GB **5:30 Pace/JR 6:00 Pilates/JV	26 9:00 Pilates/JV 9:00 Interval/SB 10:30 Stretch/SB 10:30 Yoga/JV 4:30 Interval/GB **5:30 Adv WWRT/JR 5:30 CardioDance/TK 6:30 Yoga/JV **6:45 Beg WWRT/JR	27 8:30 Step II/SC 9:30 CardioFusion/GB **4:30 BTRX/JR **5:30 Pace/KM	28 9:00 Pilates/JV 10:30 Zumba/GB
29	30 8:30 Fitness First/SB 9:30/Step II/SC 10:00 Total Body/KD 4:30 Beg Yoga/KM 4:30 Step II/CD 5:30 Water/KD 5:30 Zumba/GB **5:30 Pace/JR 6:00 Hot Yoga/JV **6:30 IntTRX/GB	31 9:00 Pilates/JV 9:00 ZumbaGold/KD 10:15 Gentle Yoga/KD 10:30 Yoga/JV 5:30 Water/KD **5:30 Adv WWRT/JR 5:30 Zumba/TK 6:30 Yoga/JV 6:30 Fun Kettle/GB				