Dynamic Health and Fitness (Longs Pond)

Group Fitness Schedule
JULY 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
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	Kaarina

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

Friday

Time	Class	Instructor
5:15-6:15am	Les Mills Body Combat	Amy
8:15-9am	Dynamic Body Sculpt	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
364 Longs Pond Rd. Lexington, SC 29073
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Download our Club Life App in the App store or Google Play store to register for your favorite DGX classes