

# Dynamic Health and Fitness - Longs Pond

## Group Fitness Schedule

### January 2020



Monday    Tuesday    Wednesday    Thursday    Friday    Saturday

5:15am	<i>Body Combat</i> Les Mills  Amy				<i>Body Combat</i> Les Mills  Amy	
8:15am	<i>Dynamic Body Sculpt</i>  Diane	<i>Body Pump</i> Les Mills  Suzanne	<i>STRONG</i> by Zumba  Suzanne	<i>Body Pump</i> Les Mills  Mark	<i>Body Combat</i> Les Mills  Gabbie	<b>8AM</b> <i>Dynamic H.I.I.T.</i>  Anna
9:15am	<i>Dynamic Tone &amp; Flow</i>  Deborah	<i>Dynamic Boot Camp</i>  TK	<i>Zumba</i>  Suzanne	<i>Yoga</i>  Gabbie	<i>Zumba</i>  Suzanne	
5:30pm	<i>Dynamic Tone &amp; Flow</i>  Deborah	<i>Body Combat</i> Les Mills  Gabbie	<i>Body Pump</i> Les Mills  Gabbie	<i>Body Combat</i> Les Mills  Gabbie		
6:30pm	<i>Zumba</i>  Katie		<i>Zumba</i>  Kaarina			

[www.DynamicHealthClub.com](http://www.DynamicHealthClub.com)  
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Download our Club Life App in the App store or Google Play store to register for your favorite DGX classes

