



Y-Express February Class Schedule Palmetto Health Baptist

Monday	Tuesday	Wednesday	Thursday
Yoga Ellen 5-6pm	HIIT Wayne 4:30-5:30pm	Yoga Ellen 5-6pm	HIIT Wayne 4:30-5:30pm

Please note that you will have access to the Y-Express 30 minutes prior to class time.

Y-Express Staff Schedule Palmetto Health Richland

Monday	Tuesday	Wednesday	Thursday	Friday
Ellen 7-9am	Ellen 7-9am	Ellen 7-9am	Austin 7-9am	Ellen 7-9am
George 4-6pm	George 4-6pm	George 4-6pm	George 4-6pm	George 4-6pm

The Y's Mission

**To put Christian principles into practice through programs that build healthy spirit,
mind and body for all**