



September 2017 AEROBICS SCHEDULE CHARLOTTE AVE BRANCH YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am Bootcamp Express w Amy L L2-3	8:15-9:00 AM Fit Fix, Express W JoD/Danne L1-3/C0 All Levels	8:30-9:15AM Kettlebell Combo W Halie L2-3/C0	8:30-9:20 AM HIIT/HIRT W Jordan/Halie L2-3/C0-* *Not Beginner	5:45-6:30am Cardio Strength Xtreme L3 W Mia *Not Beginner	8:30-9:25 AM Cardio Challenge w/ Nancy Gainey All Levels	2:00-3:00 PM Beginner/Int. Yoga w/Kim Neal L1-2, C-0
8:30-9:15 AM HIIT Training w/Joni B L2-3/ C-0	9:25-10:25 AM Sassy/Classy Seniors- 60+ w/ Sylvia L1-2/C0	9:30-10:30am Barre Sculpt W Beth Trotter L1-3	9:30-10:25 AM Sassy/Seniors 60+ w/ Sylvia L1- 2/C0	Ultimate Frisbee 8:30-9:30 AM W Ronnie All levels, New Gym	9:30-10:30 AM Sculpt/Sweat w/ Danne L1-3/C0	
9:30-10:00am CORE -BOOTCAMP w/ Jenn A L2-3	10:35-11:35 AM w/ Pilates Joy All Levels		10:30-11:35am Barre Burne Ashley FyInn All Levels	8:30-9:25am Insanity W Janice *Not Beginner		4:30-5:30 PM ZUMBA/Aqua Zumba Aerobics Room Instructors Rotate: *Alisha, Nadja-AZ Liz B, Tressa-AZ Aqua Zumba 2nd. & 4th. Sunday
10:30-11:30 AM Align/Stretch Mix, W Betsey All Levels	12:30-1:20pm SS Yoga W Colleen B Chair Based Class	12:15-1:00 PM Hi/Lo w/ Laura L1-3/C1		9:30-10:30am Zumba W Beth T All Levels		
12:15-1:00 PM Step /Sculpt w/ Laura L1-3/C1	1:30-2:20pm SilverSneakers CardioFit W Colleen Brannon	1:30-2:15 PM SilverSneakers Classic w/ Jason		Spin Classes Monday: 5:30-6:15am-Janice G 12:15-1:00 PM – Trish Tuesday: 6:00-6:45pm- Joe Open Ride RH Crossfit		Wednesday: 12:15-1:00 PM – Trish Thursday: 6:00-6:45pm-Joe Open Ride RH Crossfit
1:30-2:15 PM SilverSneakers Classic w/Jason	6:00-6:45pm "New Time" Kettlebell Express Colleen Forte L2-3	4:30-5:25 PM Sculpt/Sweat w/ Nancy G L1-3/C0	6:00-6:50 PM C-Cubed Cardio/Core Conditioning w/ Colleen F L1-3/C0			
4:30-5:25 PM Sculpt/Sweat w/ Nancy G L1-3/C-1	6:30-7:30 pm New-Mindful Flow Cancelled-off schedule	5:30-6:25 PM Bosu Extreme/HIIT Mia B *Not Beginner	7:00-8:00 PM MixxedFit Rotation All Levels Aerobics Room	Mon: 8:30-9:15am --"New" Hiit Training W Joni M Boyd 9:30-10:00am --"New"Core Bootcamp w Jenn Adler 10:30-11:30am -Align Stretch/Mix-"New" Time Tues: 12:30-1:20pm --"New"SilverSneakers –Yoga w Colleen B 6:00-6:45pm --"New" Time Kettlebell Express Wed: 6:15-7:00pm - Zumba Express, Nadja/Tressa -GYM 6:30-7:30 pm - "New Instructor, Joni Boyd, Beginner Yoga –starts Sept.6 th ..2017		
6:15-7:15 PM HIIT/Intervals W Bobbie Jo L2-3 *Not Beginner		6:30-7:30pm Beginner Yoga Joni M Boyd Starts SEPT. 9/6	MixxeFit Rotation Kameta/Amanda Kameta, Nadja			
6:00-7:00 PM ZUMBA w/ Nadja C All Levels New Gym		6:15-7:00pm Zumba Express Nadja/Tressa-Gym				

Hours of Operation:
Monday-Friday: 5 am-9:30 pm
Saturday: 7:30 am-6 pm
Sunday: 1:00pm-6:00pm
803.329.9622

Child Watch Hours:
Monday- Thursday: 8 am-12 pm & 4 pm-8 pm
Friday: 8am-12pm
Saturday: 8 am-12 pm

Upcoming YMCA Events

Visit us on the web at www.upymca.org or www.facebook.com/upymca for the latest information.

- The Y is closed on Monday September 4th. For Labor Day.
- Aqua Zumba will be on 2nd. & 4th. Sunday of each month, 4:30-5:30pm indoor pool.

CHARLOTTE AVE. CLASS DESCRIPTIONS

CLASS DESCRIPTIONS -Classes are rated per instructor on the fitness schedule ranging from Level 1 to Level 3 (L1-3) with level 1 as beginner, level 2 as intermediate, and level 3 as advanced. Class levels vary by

Alignment Base Yoga: “we will work to penetrate deeper into the yoga experience through intense focus and longer holds so that students can pay close attention to the precise muscular and skeletal alignment this system demands” We use props such as belts, chairs, walls, blocks, and blankets. Teachers trained in this tradition are skilled at adapting poses for their students.

Beginner Yoga: Learn the basics of yoga along with how to breathe and relax Body Sculpt – This is a high intensity 30 minute workout using mostly your own body weight. Little to no equipment is required.

Booty Barre- is a fun, energetic workout that fuses techniques from Dance, Pilates and Yoga that will tone, chisel, and define the whole body! This class is the perfect combination of cardio, strength and flexibility.

Bootcamp/ Hiit-Hirt - This class includes rope, drills, weights and various exercise equipment , mixes in some balance and core to create a fun workout. Athletic training skills, so there is very little choreography involved. Only the hard core apply. This is not a beginner workout.

Bosu Xtreme /Hiit- A high intensity strength, endurance power-packed, HIIT/HIRT style workout incorporates drills, weights, ropes, Kettlebells, and athletic conditioning style moves that promises to add variety to your other workouts ,NOT Beginner.

Custom Cuts: Design to boost your caloric expenditure but to redefine, reshape, and strengthen the body you were born with using weights, and the bodyweight exercises.

Cardio Strength Extreme: A combination of high energy, fast paced cardio sports drills and interval training incorporating upper and lower body conditioning, using weights, Bosu Balls, bands, body bars and stability balls.

Core Conditioning: Work and strengthen all parts of your core using a variety of equipment and exercises.

Core Bootcamp: this express, thirty-minute, low impact, total body workout, lifts your booty, tones your thighs, abs, and core and scorches fat.

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Cycle: Come ready for an intense workout aimed for all levels on a spin bike. Bring your water bottle and towel with you too!

Deep Stretch: Improve joint flexibility and help re-lubricate joints through a quiet, meditative practice of deeply held postures. This is a perfect complement to your active, yang practice or athletic endeavors to give you greater flexibility and help prevent injuries.

Functional Fitness: trains your muscles and prepares them for daily tasks by simulating common movements you might do on a daily basis, at home, work or in sports. Using various muscles in the upper and lower body. Functional also emphasizes "CORE" stability. **A total body workout.**

HIIT: High intensity interval training, or HIIT training, is an exciting workout that offers aerobic, anaerobic, muscular endurance, and fat burning exercises that will push you to your limits. The HIIT routine alternates between intense bursts of activity and fixed periods of low to moderate exercise. If you are interested in REALLY physically challenging yourself, come try out HIIT.

HIRT: Alternates core strength, weight training, and cardio bursts for a high intensity workout. By executing several exercises together and not letting your heart rate drop you will increase your basal metabolic rate and burn tons of calories!

Insanity: If you don't like high impact exercise or gasping for air, you won't be a fan of these workouts. The exercises are straightforward and athletic, requiring no equipment and you'll recognize many of them, such as jumping jacks, burpees and suicides. There are unique moves as well - Side burpees, combination pushups with jumping jacks, frog jumps and more. These moves are [high intensity](#), killer exercises with no equipment needed. Three minutes of work to 30 seconds of rest.

Kettlebell Combo: This 45 minute class will give fast results for strength, endurance and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements, Kettlebell training will build long lean muscles, improve strength and power in the upper body, core and lower body and increase co-ordination, joint mobility and overall endurance.

Mindful Yoga: In Mindful Vinyasa, the goal is to create a practice that utilizes the components of a Vinyasa yoga class while flowing with more

CHARLOTTE AVE. CLASS DESCRIPTIONS

awareness. In Mindful Vinyasa there is time to slow down and tune inward prior to completing a particular series of postures. Mindfulness will come into play, as there will be a focus on maintaining proper alignment throughout each asana (posture) .

MixedFit: MixedFit® is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as **explosive** – all of our movements are always big, exaggerated, full-out, and our very best.

We dance to our favorite songs on the radio that we would dance to at a nightclub. Then, we spice things up by adding boot camp-inspired exercises to make your workout more effective and challenging. If you're plateauing in your traditional dance fitness class, this might be the answer to your prayers. A traditional MixedFit® class is 60 minutes in length and will get you to your fitness goals a lot quicker than just dancing alone. Why?

Because the secret is in the toning that we incorporate. The best part of it all is that we tone using our *own* bodies. No equipment, no dumbbells, and no awkward toning contraptions!

SilverSneakers Classis: Have fun and move to the music through a variety of exercises designed to increase your muscular strength, balance, Range of motion, and improve your daily activate. Hand weights, bands, balls, and a chair is used for seated and standing support.

SilverSneakers: CardioFit- this aerobics class is safe, heart- healthy, and gentle on the joints, low- impact, easy to follow moves, that incorporates upper body, stretching and relaxation exercises designed to energize your active lifestyle.

Step/Sculpt: Step class combines 3-4 combos on an adjustable step while providing a background in the basic components of step movements and terminology. INTERMEDIATE has harder choreography at a faster tempo with more advanced moves for a great aerobic workout! Not recommended for beginners. Have fun listening to music and bringing your cardiovascular workout to new heights!

Pilates: Pilates Mat, Learn skills to achieve balance and flexibility while lengthening and strengthening through mat work developed by Joseph Pilates.

Power Flow: This is a vinyasa style yoga with emphasis on power, proper alignment, and integrated breath. Classes utilize creative sequences and transitions utilizing basic to advanced poses to increase strength, stamina, balance and flexibility.

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Sassy Seniors- ages 55 and up! A great workout. This aerobics class entails lightweights, low impact cardio, flexibility, balance, using various equipment. Ends with a little ab work on the mat.

STEP/ Sculpt and Sweat : A total body workout with the secret of light free- weights, great music, and simple step intervals to keep your heart rate *steady. This is an Intermediate class.*

Total Sculpt- Sculpt and tone your entire body with is low impact workout. Using hand weights, tubs, med balls, and body weight moves.

SilverSneakers Yoga -Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Yoga: Integrate mind and body with physical postures that will increase your flexibility, calm your mind and decrease your stress. **Yoga for Athletes:** If you are a runner, cyclist, skier, hiker, or active person of any kind, discover how yoga will help you develop increased flexibility, aerobic capacity, strength, endurance and mental focus in this class designed to enhance your performance as an athlete or active individual.

Yoga Mixed Levels: This Hatha style class is a blend of vinyasa, and yin yoga with meditation at the beginning and end of class. All levels welcome. Please let the instructor know if you have limitations.

Zumba: Shake it up and sweat it out in this fun, high-energy class that includes various dance and cultural influences.