



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Group Fitness Schedule

WELCOME TO THE RIVERWALK

September Riverwalk

September Classes at Riverwalk.

Please check the "New" September Schedules for Group Fitness.

There are "New" classes, and all New Classes/Changes are highlighted in RED!

In a hurry, or Super busy? Try Wellbeats. Our front desk staff can help you get started. It is Free.

No group fitness classes on Sept. 3rd, and Closed on Monday September 4th. In Observance of Labor Day!

Riverwalk YMCA

998 Riverwalk Parkway
Suite 101
Rock Hill, SC 29730
(803) 328-9622
Manager:
Andy McGee

Facility Hours-January 4th

Mon-Fri 5am – 9:30pm
Saturday 7:30am – 6pm
Sunday 1 – 6 pm

Child Watch Hours:

Mon-Sat. morning: 8am – 12noon
Mon-Thurs evening: 4-8pm
Friday evening: No child watch
Sunday: No child watch

Group/PT Coordinator:
debbierast@upymca.org

For Classes and Cancellations
please go online to:
www.upymca.org/schedules/
or visit us online at:
www.facebook.com/upymca

Riverwalk Group Fitness Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Bosu Circuits 5:45-6:30am w Halie C L2-3</p> <p>9:30-10:30am Custom Cuts Beth Trotter L1-3</p> <p>12:30-1:05pm Kettlebell Express Debbie M. Rast L2-3</p> <p>6:00pm-6:45pm Athletic Conditioning Jordan R L2-3</p> <p>7:00-7:45pm "New Class" Total Strength Jennifer Dean L2-3</p>	<p>8:15am-9:15am Cardio Funk Angie R L1-3</p> <p>Body Blast 9:30-10:30am Angie R L2-3</p> <p>"New" Time 6:15-6:45pm POUND Pam Petrucci All levels * in Yoga/Barre Studio</p>	<p>Trial "New" KettleBell Express 6:00-6:35am L2-3</p> <p>New Time Cycle/Cross 8:30-9:45am w Paige Kell L1-3</p> <p>9:30-10:30am Reserved for Training ONLY</p> <p>5:30-6:00pm Abs/Glutes/Core Pam P/Jennifer D L2-3 *Instructors Alternate</p> <p>6:05-6:35pm Tabata Training Pam P/Jennifer D L2-3 * Instructors Alternate 1st.3rd. Pam Petrucci 2nd.&4th. Jennifer D</p>	<p>9:15am-10:15am Wurk it! Marcea L1-3</p> <p>Shape& Flex 10:30-11:30am Lori G L1-3</p> <p>6:00-6:45pm "New" Custom Cuts Shelley Shope L1-3</p> <p>7:00-7:45pm " New" Kickboxing/Flex Express W Kim Neak L1-3</p>	<p>8:00am-9:00am Functional Training Deb Dawson L2-3</p> <p>Cardio/Funk Pump 9:15-10:15am Angie Ramage L2-3</p>	<p>8:30am-9:15am HIIT Combos Rotation Amy L. 1st. Sat Jordan R. 2nd. Sat Beth 3rd. Bobbie Jo. 4th.</p> <p>9:30am-10:30am Zumba Nadja Canty 1&3 rd. Alisha White 2&4th. L1-3 NO 5TH Sunday</p> <p>How to read the new schedule: Example: Zumba Tone= Class 9:30-10:30am = Time Jaime = Instructor L2-3 = Level Intermediate to Advanced</p> <p>Revised 8-25-17</p>	<p>Kettlebell Combo 3:30-4:15pm Mickey Thompson L2-3</p>

Riverwalk Group Cycle Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cycle 5:45am-6:30am Halie Chambers L1-3				Cycle Rotation 9:15am-10:00am Tonya 2nd. Tonya 9th. Jill 16th. Tonya 23rd. Jill 30th.	
Cycle Class 9:30-10:15am Diane McNeely L1-3	Cycle 9:30-10:15am Rainy Westerman L1-3	New Time 8:30-9:45am Cycle/Cross Paige Kell L1-3	Cycle 9:30-10:30am Rainy Westerman L1-3			
Cycle/HIIT 6:15pm-7:00pm Nancy Roberts L1-3	Cycle/Core 6:00-7:00pm Daine McNeely L1-3	Cycle/HIIT 6:15pm-7:00pm Nancy Roberts L1-3	Cycle/Sculpt 6:15pm-7:15pm Tonya Peck L1-3			
					Revised 8-23-17	
					Revised DMRast-Subject to change	

Riverwalk Yoga, Barre, & Stretch Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Power Vinyasa 8:15-9:15am Michelle Miller L2-3</p> <p>Barre Burn 9:30-10:30am Beth E</p> <p>Mixed level Yoga 10:45-11:45am Leslie Harper L2-3</p> <p>Tai-Chi 12:30-1:15pm Lisa Perrot Level 1</p> <p>Mindful Yoga 6:00-7:00pm Tabitha Byars L2-3</p>	<p>Alignment Based Yoga 9:30am-10:30am Betsy Williams L1-2</p> <p>Total Core Express 10:35-11:10am Jenn Adler L2-3</p> <p>"New Class" Balance/Core/Agility 4:45-5:30pm Debbie Pitsos All levels</p> <p>Deep Stretch 6:00-7:00pm Betsey Willimams All Levels * in Group Studio</p>	<p>Booty Barre 9:15-9:55am Jillian Weaver L1-3</p> <p>Pilates 10:00-11:00am w Joy Y Mat Based L1-3</p>	<p>Yo~Chi 9:00am-10:00am Colleen Brannon All Levels</p> <p>Pilates 10:15am-11:15am w Colleen B L1-2</p> <p>Deep Stretch 6:00pm-7:00pm Betsey Williams All levels</p>	<p>Barre Burne 8:15am-9:15am Melissa Carsten L1-3</p> <p>Mixed Levels Yoga 9:30am-10:45am Terri Ober L 1-3</p>	<p>Power Hour Yoga 9:30am-10:45am Matt L2-3</p>	
					<p>How to read the new schedule: Example: Zumba = Class 5-5:55pm = Time Jaime = Instructor L2-3 = Level Intermediate to Advanced F = Fitness Room</p>	
					<p>Subject to change</p> <p>Revised 8-25-2017 DMR</p>	

RIVERWALK 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 instructor teaching style.

Abs,Glutes&Cardio: It is a 40 minute interval workout consisting of exercises designed to focus and target your lower body and entire core.

Barre Burn: No tutu needed! This is a fun, challenging strength workout that fuses techniques from ballet, Pilates, and yoga with intervals of power movement to sculpt a lean, strong, dancer-like physique.

Athletic Conditioning: A combination of high energy, fastpaced cardio sports drills and interval training incorporating upper and lower body conditioning, using weights, bands, body bars and stability balls.

Body Blast: 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!

Boot Camp Circuits -A high intensity strength, endurance and fitness training through a variety of intervals/drills.

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.

Cardio Challenge: A power-packed workout that incorporates step, hi/lo, kickboxing and athletic conditioning.

Cardio Funk: Dance that will challenge the novice and experienced dancer by taking you through the land of hip hop, pop, Latin, techno, and reggae, all while having fun and burning calories.

Cardio Sculpt: This is our circuit interval class with intense strength training. We use weights and steps. Great class for beginning, intermediate and advanced fitness levels.

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

Cycle 101: Back for the New Year! Come and learn the basics on how to set up your bike so that you can get best out of your ride.

RIVERWALK CLASS DESCRIPTIONS

Cycle Cross: 30 minutes of strength conditioning then 45 minutes of cycling. Each class combines various cycling drills that offer an exhilarating cardiovascular workout and strength conditioning that provides challenging and dynamic whole body muscle conditioning using body weight, dumbbells, exercise balls, & body bars as resistance tools. This is not a beginner class, but participants are offered alternate exercises to fit their individual fitness levels.

Cycle Plus: This class incorporates cycling with intervals of strength training. Bring weights and a mat. Talk to your instructor if you have questions about the format and length of class.

Cycle Revolution (RPM): experience a great ride using various drills based on rpm's (revolutions per minute).

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

Core/Balance/Agility-A balance/core/and agility class, you will use various exercises and strength building moves to sculpt all your major muscle groups. This class will help improve your body's overall functional strength, balance and coordination. Tone and reshape your body with this fun class.

* All fitness levels welcome

Custom Cuts: Custom Cuts: Designed not only to boost your caloric expenditure but also to redefine, reshape and strengthen the body you were born with using weights and bodyweight exercises. May include short cardio "spurts" to increase overall endurance

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.

HIIT CAMP: 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're interested in REALLY physically challenging yourself, come try out HIIT.

Kettlebell/Step Combo: A combination of Kettlebell Pump class/Step/Core, and weights. Ideal for anyone who wants to: burn fat, increase flexibility and

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build strength. This 30 minute sculpting class provides unique multi-joint movements that exercise all the large muscle groups while simultaneously providing a high level of cardiovascular training.

Kettlebell/ Boot Camp: A unique blend of two high intensity calorie burning workouts. This class will challenge your strength and cardiovascular systems at the same time. Core, dynamic, strength, cardio all rolled into one.

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

PiYo: a fusion of Yoga and Pilates with a twist. This is not your regular mind/body class! Challenging moves and contemporary pop music blend for a great workout unlike anything you may be used to. Power Sculpt: Sculpt and tone your body utilizing tubing, weights, body resistance and power moves in only 30 minutes!



A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses. Drum our way to a leaner, slimmer physique – all while rocking out to your favorite music! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

Shape & Flex: A vigorous class designed to challenge you to achieve stronger, leaner muscles and a stable core with free weights and the step as a weight platform.

Step 'n' Sculpt: Step class which combines strength training and a step workout to kick your body into high gear, by keeping choreography simple and the intensity high.

Sweatshop: Intervals of cardio challenging exercises and sculpting. This is a great workout for increasing cardio endurance.

Total Strength: This non-aerobic class brings weight training and body sculpting to the studio in a group format. Hand weights (5lb to 25 lbs) are used for split sets, pyramid sets, and more. Weight training helps shape and strengthen muscles while building your body to use more calories during cardio workouts.

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Yo-Chi: This class is based on the Yang style 24 forms and is a gentle form of exercise that integrates the mind and body while cultivating internal energy. Yo-Chi will promote and improve muscular strength, fitness and flexibility as well as improve confidence and balance.

Wurk it!: A high cardio dance party set to some of your favorite music, including hip hop, pop, old school, Latin and more. This class will burn lots of calories with the use of repetitive and easy to follow choreography. You do not need rhythm or a dance background....just Wurkit!

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

Yoga Class Descriptions

Yoga: Integrate mind and body with physical postures that will increase your flexibility, calm your mind, and decrease your stress. Yoga integrates movement with breath to enhance health and wellness. Classes typically begin and end with a breath or meditation exercise to focus and still the mind's usual chatter. New participants to a yoga class should let their instructor know of prior injuries or special needs.

Classes are listed as commonly listed as Levels 1-2, Levels 1-3, and Levels 2-3. Levels 1-2 are beginner friendly classes that focus on foundational poses, integrating breath with movement while building strength and flexibility. All Levels (L1-3) are also beginner friendly but seek to offer a wider range of poses or increase the tempo to allow intermediate and advanced practitioners to gain from the classes. Levels 2-3 classes seek to offer community for experienced beginners and intermediate/advanced practitioners. Classes will typically require more strength, flexibility, and endurance and some knowledge of foundational poses.

Alignment-Based Yoga: We 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. As a Level 1-2 class, this practice is accessible for beginners and focuses on foundational poses, integrating breath with movement, and building strength and flexibility. Teachers trained in this tradition are skilled at adapting poses

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for students with physical limitations and are known for making hands on adjustments.

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.

Mindful Yoga: This class offers a practice that utilizes the components of a Vinyasa yoga class while flowing with more 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) . Taught as a Level 2-3 class, the practice is accessible for experienced beginners and offers something for intermediate/advanced practitioners

Mixed Levels Yoga: This Hatha style class is a blend of vinyasa, and yin yoga with meditation at the beginning and end of class. Focused on integration of movement, alignment, and breath, this class is available as both a Levels 1-3 class and Levels 2-3.

Power Yoga: This is a vinyasa (flow style) yoga class with emphasis on more energetic movement, either through faster sequencing of poses or by holding poses longer to build strength and heat for flexibility poses used throughout the class. . Classes utilize creative sequences and transitions utilizing basic to advanced poses to increase strength, stamina, balance and flexibility while integrating movement, breath, and teaching proper alignment.

Yoga for Athletes: If you're a runner, cyclist, weight lifter, or active person of any kind, discover how yoga will help you develop increased flexibility and mobility, and add strength at your full range of motion. This class uses asana (yoga poses) to build aerobic capacity, strength, endurance and mental focus and is designed to enhance your performance as an athlete or active individual.

Power Vinyasa: This is a vinyasa (flow style) yoga class with emphasis on more energetic movement, either through faster sequencing of poses or by holding poses longer to build strength and heat for flexibility poses used throughout the class. . Classes utilize creative sequences and transitions

RIVERWALK CLASS DESCRIPTIONS

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