



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Fitness Schedule

## WELCOME TO CHARLOTE AVENUE!

December Charlotte Avenue

*Stay Committed, happy and healthy!*

**Flow and Restore:** Join Pam and Beth December 8 for a 90 minute yoga event. 45 minutes of Hatha yoga followed by 45 minutes of Restorative poses and meditation. A perfect way to relax and renew during the holiday season.

\*No evening classes on Monday the 24th

And no classes December 25<sup>th</sup> and 26<sup>th</sup> ***Merry Christmas!***

\*No evening classes Monday the 31<sup>st</sup> Happy New Year!

*For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16*

### Charlotte Avenue YMCA

402 Charlotte Avenue  
Rock Hill, SC 29730  
(803) 329-9622

Manager:  
Lamar Thompson

#### Facility Hours-

Mon-F 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

#### Co-Coordinators:

Beth Trotter  
[bethtrotter@upymca.org](mailto:bethtrotter@upymca.org)  
Nadja Canty  
[nadjacanty@upymca.org](mailto:nadjacanty@upymca.org)

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



# December 2018 AEROBICS SCHEDULE -CHARLOTTE AVE BRANCH YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:30-6:00 AM</b> <b>Strength Tabata Express</b> Jennifer L 2-3	<b>8:30-9:15 AM</b> <b>Fit Fix Express</b> JoD/Danne L 1-3	<b>8:30-9:15 AM</b> <b>Kettlebell Combo</b> Halle L 2-3	<b>8:30-9:20 AM</b> <b>HIIT/HIRT</b> Jordan/Halle L 2-3	<b>5:45-6:30 AM</b> <b>Cardio Strength Xtreme</b> Mia L 2-3	<b>8:30-9:25 AM</b> <b>Cardio Challenge</b> Nancy L 1-3	<b>2:00-3:00 PM</b> <b>Beginner/Int. Yoga</b> *Instructors Rotate L 1-2 Rose-2 <sup>nd</sup> Jessi-9 <sup>th</sup> Caroline -16 <sup>th</sup> Pam -23 <sup>rd</sup> Ronnie -30 <sup>th</sup>
<b>8:30-9:15 AM</b> <b>Insanity</b> Janice L 2-3	<b>9:25-10:25 AM</b> <b>Sassy/Classy Seniors</b> 60+ Sylvia L1-2	<b>9:30-10:25 AM</b> <b>Sculpt/Sweat</b> Mickey L1-3	<b>9:30-10:25 AM</b> <b>Sassy Seniors</b> 60+ Sylvia L 1-2	<b>8:30-9:30 AM</b> <b>Ultimate Frisbee</b> Ronnie L 1-3 New Gym	<b>9:30-10:25 AM</b> <b>Sculpt/Sweat</b> Danne L 1-3	<b>4:30-5:30 PM</b> <b>ZUMBA Aerobics Room</b> Instructors Rotate: Alisha-2nd Nadja-9th Liz B-16th Tressa-23rd Steph -30th
<b>9:30-10:30 AM</b> <b>Total Body Sculpt</b> Mickey L 1-3	<b>10:35-11:35 AM</b> <b>Yo-Pi</b> Rose L 1-3	<b>10:30-11:30 AM</b> <b>Yoga</b> Beth L1-3	<b>10:35-11:20 AM</b> <b>Barre Burn Express</b> Ashley L 1-3	<b>8:30-9:20 AM</b> <b>Express Intervals</b> Joni L 2-3	<b>10:30-11:30 AM</b> <b>Yoga</b> Instructors Rotate L 1-2 Rose -1 <sup>st</sup> Sandra -15 <sup>th</sup> Becca-22 <sup>nd</sup> Beth -29 <sup>th</sup>	<b>*5<sup>th</sup> Sunday the 30<sup>th</sup> is Hip Hop Step with Steph</b>
<b>12:15-1:00 PM</b> <b>Step /Sculpt</b> Laura L 1-	<b>12:30-1:20 PM</b> <b>SS Yoga</b> Colleen B Chair Based Class	<b>12:15-1:00 PM</b> <b>Hi/Lo</b> Laura L 1-2	<b>1:30-2:20 PM</b> <b>Silver Sneakers Cardio Fit</b> Colleen B	<b>9:30-10:30 AM</b> <b>Cardio Funk</b> Beth L 1-3	<b>*Specialty Flow and class December 8<sup>th</sup> with Pam/Beth Restore 10:30am-12:00pm</b>	
<b>1:30-2:15 PM</b> <b>Silver Sneakers Classic</b> Jason	<b>1:30-2:20 PM</b> <b>Silver Sneakers Cardio Fit</b> Colleen B	<b>1:30-2:15 PM</b> <b>Silver Sneakers Classic</b> Jason	<b>6:05-6:55 PM</b> <b>Body Blast</b> Colleen F L1-3	<b>10:35-11:35</b> <b>Deep Stretch</b> Beth L 1-2	<b>Fit Kids</b> <b>Monday:</b> 5:30-6:15 pm <b>Thursday:</b> 5:15-6:00pm	
<b>4:30-5:25 PM</b> <b>Sculpt/Sweat</b> Nancy L 1-3	<b>5:00-5:45 PM</b> <b>Barre Burn Express</b> Ashley L 1-3	<b>4:30-5:25 PM</b> <b>Sculpt/Sweat</b> Nancy G L 1-3	<b>7:00-8:00 PM</b> <b>1<sup>st</sup> and 3<sup>rd</sup> Mixed Fitt w/ Kameta 2<sup>nd</sup> and 4<sup>th</sup> Zumba w/ Pauline</b>	<b>Spin Classes</b> <b>Monday:</b> 12:15-1:00 PM -Trish <b>Tuesday:</b> 5:15-6:00 PM -Leah <b>Wednesday:</b> 12:15-1:00 PM -Trish <b>Thursday:</b> 6:00-7:00 PM -Quiana		<b>December Changes and Announcements</b> <b>No evening classes 12/24</b> <b>No classes 12/25 or 12/26</b> <b>MERRY CHRISTMAS!</b> <b>No evening classes 12/31</b>  *Revised by Beth Trotter 11/27/18, subject to change without notice.
<b>6:00-7:00 PM</b> <b>Zumba</b> Nadja L 1-3 <b>New Gym</b>	<b>7:00-8:00PM</b> <b>Yoga</b> Becca L 1-3	<b>5:30-6:25 PM</b> <b>Athletic Conditioning</b> Mia B L 2-3				
<b>7:00-7:45 PM</b> <b>HIIT/Strength Circuits</b> Bobbie Jo L 2-3		<b>6:35-7:35 PM</b> <b>Hip Hop Step</b> Stephanie L1-3		<b>Child Watch Hours:</b> Monday- Thursday: 8 am-12 pm & 4 pm-8 pm Friday: 8am-12pm Saturday 8am-12pm		
<b>Hours of Operation: 803-329-9622 X 0 front desk information</b> Monday-Friday: 5 am-9:30 pm Saturday: 7:30 am-6 pm Sunday: 1:00pm-6:00pm			Visit us on the web at <a href="http://www.upymca.org">www.upymca.org</a> or <a href="https://www.facebook.com/upymca">www.facebook.com/upymca</a> for the latest information			



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# INDOOR WATER AEROBICS SCHEDULE DECEMBER 2018

## CHARLOTTE AVE BRANCH YMCA

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am – 10:30am						AQUACISE w/ Emily All Levels
9:00 – 10:00 am		H2O Power Hour Level 2-3		H2O Power Hour Level 2-3		
10:00 – 11:00 am	Low Impact Arthritis /Range of Motion Class Elizabeth Level 1	Water Yoga w/Emily H All Levels	Low Impact Arthritis/Range of Motion Class Elizabeth Level 1	Water Yoga w/ Emily H All Levels	Low Impact Arthritis/Range of Motion Class Elizabeth Level 1	
6:00 – 7:00 pm	Water Aerobics w/Nikki Level 2-3	Water Aerobics w/ Alice Level 1-2	Water Aerobics w/Nicki Level 2-3	Water Aerobics w/ Alice Level 1-2 3	Water Aerobics w/ Lynn Level 2-3	

### Charlotte Avenue Branch Hours

**M-F:** 5:00AM to 9:30PM

**Sat:** 7:30AM to 6:00PM Sun: 1:30PM to 6:00PM

**Childwatch Hours: 803-329-9622**

**M-Th:** 8:00AM to 12PM & 4:00PM to 8: 00PM

**Fri:** 8:00AM to 12PM **Sat:** 8:00AM to 12PM

### Upcoming YMCA Events

Visit us on the web at [www.upymca.org](http://www.upymca.org) or [www.facebook.com/upymca](http://www.facebook.com/upymca) for the latest information.

Schedules revised 11/26/18/BT- Subject to change