



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness Schedule

WELCOME TO CHARLOTTE AVENUE!

December Charlotte Avenue

Stay committed, happy and healthy!

JANUARY CLASSES:

- Silver Sneakers Yoga Stretch Tuesday and Thursday 1:30-2:20 pm w/ Colleen B
- Hip Hop Step w/ Steph is now 6:30-7:30 pm
- Express Intervals will meet on the walking track the 4th Friday of every month
- Saturday yoga will now be 10:30-12:00. 45 minutes Flow/45 minutes deep stretch and restorative.
- Charlotte Avenue is closed New Year's Day. Normal schedule resumes 1/2/19.

HAPPY NEW YEAR!!

2 Corinthians 5:17

Therefore if anyone is in Christ, the new creation has come: The old has gone, the new is here!

Charlotte Avenue YMCA

402 Charlotte Avenue
Rock Hill, SC 29730
(803) 329-9622
Manager:
Lamar Thompson

Facility Hours-

Monday-Friday 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
Nadja Canty
nadjacanty@upymca.org

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



January 2019 AEROBICS SCHEDULE -CHARLOTTE AVE BRANCH YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:00 AM Strength Tabata Express Jennifer L 2-3	8:30-9:15 AM Fit Fix Express JoD/Danne L 1-3	8:30-9:15 AM Kettlebell Combo Halle L 2-3	8:30-9:20 AM HIIT/HIRT Jordan/Halle L 2-3	5:45-6:30 AM Cardio Strength Xtreme Mia L 2-3	8:30-9:25 AM Cardio Challenge Nancy L 1-3	2:00-3:00 PM Beginner/Int. Yoga *Instructors Rotate L 1-2 Caroline-6 th Becca-13 th Pam-20 th Rose- 27 th
8:30-9:15 AM Insanity Janice L 2-3	9:25-10:25 AM Sassy/Classy Seniors 60+ Sylvia L1-2	9:30-10:25 AM Sculpt/Sweat Mickey L1-3	9:30-10:25 AM Sassy Seniors 60+ Sylvia L 1-2	8:30-9:30 AM Ultimate Frisbee Ronnie L 1-3 New Gym	9:30-10:25 AM Sculpt/Sweat Danne L 1-3	4:30-5:30 PM ZUMBA Aerobics Room Instructors Rotate: Alisha-6 th Nadja-13 th Liz B-20 th Tressa-27 th
9:30-10:30 AM Total Body Sculpt Mickey L 1-3	10:35-11:35 AM Yoga Rose L 1-3	10:30-11:30 AM Yoga Beth L1-3	10:35-11:20 AM Barre Burn Express Ashley L 1-3	8:30-9:20 AM Express Intervals Joni L 2-3 *4 th Friday on walking track	10:30-12:00 PM Flow and Restore Instructors Rotate L 1-2 Sandra-5 th Beth-12 th Pam-19 th Rose-26 th	<p style="text-align: center;">Fit Kids</p> <p>Monday: 5:30-6:15 pm</p> <p>Thursday: 5:15-6:00pm</p>
12:15-1:00 PM Step /Sculpt Laura L 1-	12:15-1:15 PM Cardio Fit Seniors Colleen B	12:15-1:00 PM Hi/Lo Laura L 1-2	12:15-1:15 PM Cardio Fit Seniors Colleen B	9:30-10:30 AM Cardio Funk Beth L 1-3		
1:30-2:15 PM Silver Sneakers Classic Jason	1:30-2:20 PM Silver Sneakers Yoga Stretch Colleen B	1:30-2:15 PM Silver Sneakers Classic Jason	1:30-2:20 PM Silver Sneakers Yoga Stretch Colleen B	<p style="text-align: center;">Spin Classes</p> <p>Monday: 12:15-1:00 PM -Trish</p> <p>Tuesday: 5:15-6:00 PM -Leah</p> <p>Wednesday: 12:15-1:00 PM -Trish</p> <p>Thursday: 6:00-7:00 PM -Quiana</p>		
4:30-5:25 PM Sculpt/Sweat Nancy L 1-3	5:00-5:45 PM Barre Burn Express Ashley L 1-3	4:30-5:25 PM Sculpt/Sweat Nancy G L 1-3	6:05-6:55 PM Body Blast Colleen F L1-3			
6:00-7:00 PM Zumba Nadja L 1-3 New Gym	7:00-8:00PM Yoga Becca L 1-3	5:30-6:25 PM Athletic Conditioning Mia B L 2-3	7:00-8:00 PM 1st and 3rd Mixed Fitt w/ Kameta	<p style="text-align: center;">January Changes and Announcements</p> <p>New Classes and Times:</p> <ul style="list-style-type: none"> -Silver Sneakers Yoga Stretch Tuesday and Thursday 1:30-2:20 pm w/ Colleen B -Hip Hop Step w/ Steph 6:30-7:30 pm -Express Intervals will meet on the walking track the 4th Friday of every month -Saturday yoga will now be 10:30-12:00. 45 minutes Flow/45 minutes deep stretch and restorative. 		
7:00-7:45 PM HIIT/Strength Circuits Bobbie Jo L 2-3		6:30-7:30 PM Hip Hop Step Stephanie L1-3				
				<p>Child Watch Hours: Monday- Thursday: 8 am-12 pm & 4 pm-8 pm Friday: 8am-12pm Saturday 8am-12pm</p>		

Hours of Operation: 803-329-9622 X 0 front desk information
Monday-Friday: 5 am-9:30 pm
Saturday: 7:30 am-6 pm
Sunday: 1:00pm-6:00pm

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



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INDOOR WATER AEROBICS SCHEDULE JANUARY 2019

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 or www.facebook.com/upymca for the latest information.

Schedules revised 12/20/18/BT- Subject to change