



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

Group Fitness Schedule

WELCOME TO THE RIVERWALK

December - 2018 Riverwalk

December Classes at Riverwalk.

Please check the "New" **December 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.

Merry Christmas

The UPYMCA is closed 12/24, 12/25 & 1/1/2019

Riverwalk YMCA

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

Manager:

Andy McGee

Facility Hours:

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

Health, Wellness, &

PT- Coordinator:

Debbie M. Rast

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 Beth Klipa L2-3</p> <p>"New Time" Cycle/Cross 9:00-10:15am Cheryl Gard L1-3 Starts in Group Studio</p> <p>Zumba 10:30-11:30am w Beth Trotter L1-3 Starts in Group</p> <p>KettleBell Express 12:30pm-1:05pm W Debbie M. Rast L2-3</p> <p>Athletic Conditioning 6:00-6:45pm Jordan R L2-3</p>	<p>Cardio Funk 8:15-9:15am Angie R L1-3</p> <p>Body Blast 9:30-10:30am Angie R L2-3</p> <p style="color: red; text-align: center;">CANCELLED for Dec. Returns Jan.2019</p> <p style="text-align: center;">POUND 6:15-6:45pm Pam Petrucci All levels * in Yoga/Barre Studio</p>	<p>Cycle/Hiit- 8:45-9:45am Cycle/HiIT/w Cardio Intervals Paige Kell All Levels</p> <p style="text-align: center;">* Starts in group Studio</p> <p>Abs/Glutes/Core 5:30-6:00pm Pam Petrucci L2-3</p> <p>Tabata Training 6:05-6:35pm Pam Petrucci L2-3</p>	<p>Body Blast/ Strength 8:15am-9:00am Angie Ramage L2-3</p> <p>Wurkit! 9:15-10:15am Marcea L1-3</p> <p>Agility/Balance/Core 12:30-1:15pm Deb Pitsos Intermediate</p> <p>Custom Cuts 6:00-6:45pm Shelley Shope L1-3</p>	<p>Functional Training 8:00-9:00am Deb Dawson L2-3</p> <p>Cardio/Funk Pump 9:15-10:15am Angie Ramage L2-3</p>	<p>HIIT Combos Rotation 8:30-9:15am Krysti 1st. Jordan 2nd. Beth 3rd. Bobbie Jo 4th.</p> <p>Zumba 9:30-10:30am 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>Kettlebell Combos 3:30-4:30pm Mickey Thompson L2-3</p> <p style="color: red; text-align: center;">Pop-Up Class on 12/16 Hip/Hop Step w Steph M 4:45-5:45pm all levels C 1-2</p>
					11/24/18	
					Debbie M. Rast	

Riverwalk Group Cycle Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cycle 5:45am-6:30am Melanie L1-3				Cycle Rotation 9:15am-10:00am Krysti 1st. Krysti 8th. Ali 15th. NO class on Dec. 22nd. Krysti 29th.	
Cycle/Cross 9:00-10:15am Cheryl Gard L1-3 * Starts in Group Studio	Cycle 9:30-10:15am Rainy Westerman L1-3	"New" Format/Time Cycle/Hiit w Cardio Intervals 8:45-9:45am Paige Kell All Levels * Starts in group Studio	"New" Instructor/Class Cycle 9:30am-10:15am Tiffany Walser L1-3			
Cycle/HIIT 6:15pm-7:00pm Tonya Peck L1-3		Cycle/HIIT 6:15pm-7:00pm Nancy L1-3	CANCELLED for Dec. Cycle/Sculpt 6:15pm-7:15pm Tonya Peck L1-3 *Returns 1/2019			
					DMRast-Subject to change 11/24/18	

Riverwalk Yoga, Barre, & Stretch Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Mixed Level Yoga 8:15am-9:15am Beth Trotter All Levels</p> <p>Barre 9:30-10:30am Beth E. *In Group Room</p> <p>Mixed Level Yoga 10:45-11:45am Ann Correll L2-3</p> <p>Tai-Chi 12:30-1:30pm Lisa Perrot Level 1</p> <p>" New" Instructor Mindful Yoga Rose M 6:00-7:00pm L2-3</p>	<p>Alignment Based Yoga 9:30am-10:30am Betsy Williams L1-2</p> <p>Hatha Yoga 10:45am-11:45am Jessi Gates L2-3</p> <p>Deep Stretch 6:00-7:00pm Betsy Williams All Levels * Group Fitness Room</p>	<p>Barre 9:15-9:55am Juliana Zimmerman L1-3</p> <p>Pilates 10:00-11:00am Diane McNeely 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 Betsy Williams All levels</p> <p>NIA 7:15-8:15pm Sandra Asher All Levels</p>	<p>Barre 8:15am-9:15am Julie/Melissa All Levels</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 style="text-align: center;">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 Revised 11/24/18</p> <p>DMR</p>	