



February 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 Alicia L 2-3	8:30-9:20 AM HIIT/HIRT Jordan/Alicia 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 Pam 3rd Becca 10th Caroline 17th Rose 24th
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-3rd Nadja-10th Liz B-17th Tressa-24th
9:30-10:30 AM Total Body Sculpt Mickey L 1-3	10:35-11:35 AM Yoga Pam 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 *4th Friday on walking track	10:30-12:00 PM Flow and Restore Instructors Rotate L 1-2 Pam 2nd Jessi 9th Beth 16th Rose 23rd	Fit Kids Monday: 5:30-6:15 pm Thursday: 5:15-6:00pm
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	10:35-11:35 Deep Stretch/Restorative Beth L 1-2		Spin Classes Monday: 12:15-1:00 PM -Trish Tuesday: 5:15-6:00 PM -Leah Wednesday: 12:15-1:00 PM -Trish Thursday: 6:00-7:00 PM -Quiana
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 Mixxed Fitt w/ Kameta	February Changes and Announcements New Instructors: Tuesday: Yoga 10:35am with Pam Wednesday: Kettlebell Combo 8:30am with Alicia Thursday: 8:30 HITT/HIRT Jordan/Alicia *Revised by Beth Trotter 1/29/19 subject to change without notice.		
7:00-7:45 PM HIIT/Strength Circuits Bobbie Jo L 2-3		6:30-7:30 PM Hip Hop Step Stephanie L1-3				
				Child Watch Hours: Monday- Thursday: 8 am-12 pm & 4 pm-8 pm Friday: 8am-12pm Saturday 8am-12pm		

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



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR WATER AEROBICS SCHEDULE FEBRUARY 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 1/29/19 BT- Subject to change